Learning in Motion

AMAZING RACES

Outdoor Physical Literacy Activity

Overview

Equipment

- Passports of challenge activities for students (explained below); one per team
- Stamp or pen for the educator

Setup

1. Educators will need to create a small passport or checklist. This will need to be a list or grid that shows each activity the students need to complete outside, with a spot beside each list item for the educator to give them a checkmark or stamp.
2. Select as many Amazing Race challenge activities as you would like the teams to complete around your school yard and list them on the passport. We recommend between 6-8 activities.

   Activities should have students climbing, jumping, running, etc. In all, students should be using different equipment in the schoolyard to use different fundamental movement skills.

Note: A template for the passport is provided at the end of this document.

Amazing Race Procedures and Rules

1. Place students in teams of five.
2. Select a location on your school's playground to act as home base; ideally, this is a place within the playground equipment that students have to use various fundamental movement skills to get to. Show students' how you would like them to enter and exit home base prior to beginning the Amazing Race.

   Example: When coming to home base, climb up the ladder and exit down the slide.
3. Each student on the team must complete the challenge activity on their team passport. Examples are provided in this document, or you can create your own given the equipment your school has.
4. After completing each challenge, students must return to home base to have their team's passport stamped by the educator.
5. After all the challenges are completed, the educator will provide the students with a mystery phrase.
6. The first team to identify that mystery phrase will be the Amazing Race champions.

Cross-curricular Variations: As teams return for their passport stamp, the educator can ask them questions regarding another area of their curriculum. Teams must respond correctly, before getting their stamp and moving on to the next activity. For example, educators can have students solve math problems, have students spell words they are learning or have students answer science trivia.

Examples

The next pages contain examples of home base locations, and various challenge activities you can mix and match to create your Amazing Race.

When building your Amazing Race, bear in mind the various abilities and comfort levels of your students; suggestions of grade levels are provided with each activity.

Examples | Home Base Locations

1. To enter the home base on the lookout tower, teams must enter **up the ladder** and exit **down the slide**.

2. To enter home base on the lookout tower, each team must enter **up the ladder** and exit **down the slide**.

3. To enter home base on the lookout tower, each team must enter **up the climbing wall** and exit **down the slide**.

Examples | Challenge Activities

Step Right Up!

- Find a bench similar to the one in the photo.
- Every member of your team must perform five two-foot jumps *OR* 10 step-ups.
  - Does someone in your group need help?
  - How could you help them achieve the task?
- Return to home base for your stamp before moving to the next challenge.

Nothing But Net!

- Find a basketball hoop similar to the one in the photo.
- Each team member must shoot the ball through the hoop. If someone does not score in five shots, they may choose a teammate to shoot for them.
- Return to home base for your stamp before moving to the next challenge.

Tire Balance

- Find the tires similar to those in the photo.
- All members of your team must balance walk from one end to the other without stepping off.
- If anyone steps off, they must restart from the beginning.
  - Does someone in your group need help?
  - If so, how could you help them achieve the task?
- Return to home base for your stamp before moving to the next challenge.

Over the Rainbow

Grades 3–7

- Find the rainbow ladder similar to the one in the photo.
- All members of your team must start at one end and climb over to exit on the opposite end.
  - Does someone need help?
  - What could you do to help them?
- Once all team members are finished, return to home base for your stamp before moving to the next challenge.

Scale the Wall

Grades K–7

- Find the backstop in your school yard.
- All members of your team must scale the wall from one end to the next (from left to right, or right to left) without touching the ground.
  - Does someone in your group need help?
  - If so, how could you help them achieve the task?
- If a team member is unable to achieve the task within the first three attempts, they may choose a teammate to complete the task in their place.
- Once all team members are done, return to home base for your stamp before moving to the next challenge.

Bouldering

Grades K–7

- Find a bouldering wall similar to the one in the photo.
- All members of your team must scale the wall from one end to the next without touching the ground.
  - Does someone in your group need help?
  - If so, how could you help them achieve the task?
- If a team member is unable to achieve the task within the first three attempts, they may choose a teammate to complete the task in their place.
- Once all team members are done, return to home base for your stamp before moving to the next challenge.

The Forbidden Forest

Grades K–7

- Within the forest are several magical creatures.
- Your team must find and capture one of the magical creatures.
- Once you have captured a magical creature, return to home base with your creature for your stamp before moving to the next challenge.

Note: This challenge will require the educator to place creatures in the forest for students to find, prior to starting the Amazing Race. These could be cards with creatures on them (think Harry Potter creatures, for example!) or toys that are suitable for the outdoors.

Thread the Needle

Grades 3–7

- Find the goalposts in your school yard similar to the one in the photo, or the cones lined up between your school's goal posts.
- Each team member must try to shoot the ball through a square of the goalposts, or through the cones. If someone does not score in five shots, they may choose a teammate to shoot.
- When all team members have done so, return to home base for your stamp before moving to the next challenge.

Tight Rope

Grades K–7

- Find or create balance beams similar to the ones indicated in this photo.
- All members of your team must walk the balance beams.
- If anyone falls off, they must restart from the beginning.
  - Does someone in your group need help?
  - If so, how could you help them achieve the task?
- Return to home base for your stamp before moving to the next challenge.

Tree Weave

- Find a set of trees similar to those located in the photo.
- All members of your team must start at one end and weave through all the trees, coming out the other end.
- Once all team members are finished, return to home base for your stamp before moving to the next challenge.

Grades K–7

Stepping Stones

- Find the playground structure similar to the one in the photo.
- All members of your team must begin at the first blue step, pass through ladders and exit out the blue steps.
- If anyone steps off before completing the task, they must start from the beginning.
  - Does someone need help?
  - How could you help them?
- After all team members have completed the task, return to home base for your stamp before moving to the next challenge.

Grades K–7

Touch Four

- Find the playground structure similar to the one in the photo.
- One at a time, team members begin at the centre pole and run and touch each of the four slides; the runner must return to the centre pole after touching each slide before the next team member may begin.
- After all team members have completed the task, return to home base for your stamp before moving to the next challenge.

Grades K–7

What Goes Up… Must Come Down

Grades K–7

- Find the playground similar to the one in the photo.
- All members of your team must climb up and slide down each slide on this structure.
- Return to home base for your stamp before moving to the next challenge.
- **Variation:** If your playground has one slide, have each team member climb up and slide down the slide twice.

PASSPORTS | **Example**

Team Name: Bumblebees

Challenge Activities	10 Feet Up!	Nothing but Net	Tire Balance	Over the Rainbow	Bouldering Wall	[illegible]	Forbidden Forest
Passport Stamp / Checkmark	✓	✓	✓	✓	✓		

Mystery Phrase: _____

Use the full page template on the next page to **make your own passports!**

Open the page in Adobe Acrobat if you would like to add text to any of the rows before printing the page.

AMAZING RACES

Team Name: _____

Challenge Activities								
Passport Stamp / Checkmark								

Mystery Phrase: _____

AMAZING RACES

Team Name: _____

Challenge Activities								
Passport Stamp / Checkmark								

Mystery Phrase: _____

AMAZING RACES

Team Name: _____

Challenge Activities								
Passport Stamp / Checkmark								

Mystery Phrase: _____

AMAZING RACES

Team Name: _____

Challenge Activities								
Passport Stamp / Checkmark								

Mystery Phrase: _____

Learning in Motion

We would like to acknowledge Joe Flavel for his contributions to this resource.

For more great physical activity and physical literacy resources, scan this QR code:

SCAN ME

Updated June 20, 2025

COPYRIGHT ©, PROVINCE OF BRITISH COLUMBIA. ALL RIGHTS RESERVED. THIS MATERIAL IS OWNED BY THE GOVERNMENT OF BRITISH COLUMBIA AND PROTECTED BY COPYRIGHT LAW. IT MAY NOT BE REPRODUCED OR REDISTRIBUTED WITHOUT THE PRIOR WRITTEN PERMISSION OF THE PROVINCE OF BRITISH COLUMBIA.

Learning in Motion

© 2025 Province of British Columbia. All rights reserved.