



The OTA iPlay “Home Game”

Theme: Discovery Zone Week

Iron-Kid Warm Up

Completed: _____

1. 1 Minute Jog
2. 10 Jumping Jacks
3. 15 Rocket Launchers
4. 20 Second Plank
5. 25 Second Body Twist

Half mystery, half race, all excitement. These challenges incorporate brain exercise with body exercise. Participants will be given tasks, clues, and challenges that need to be completed by using mental and athletic skills to further their quest to find the answer or complete the course. This is a scavenger hunt with both mental and physical challenges that can be customized for any environment, age group, or supplies. Good Luck!

*Prizes Optional...

- Exercise Hunt
- Challenge Hunt
- Art Hunt
- Clue Hunt
- Treasure Hunt
- H.I.G.H. F.I.V.E.S. Hunt

Completed: _____

Completed: _____

Completed: _____

Completed: _____

Completed: _____

Completed: _____



Game Plan: Directions and Instructions for “Discover Zone Week”

*Note – we have tried to develop a program with as much flexibility as possible understanding that age groups, available supplies and sports equipment, space constraints, level of parental/guardian involvement all varies. The number of “repetitions” your “team” decides to do is up to you. If you’re having fun, keep doing it. If one is enough – move on! Feel free to substitute, modify, alter, improvise wherever needed.

- **Exercise Hunt**

- *Objective – Participant must complete mission. Monitor will provide new physical challenge once prior one is completed

1. Start in Kitchen
 - Do “Iron Kid Warm Up” (listed above)
2. Skip to Front Door
 - Do 5 Jumping Jacks
3. Sidestep to Family Room
 - Do 30 second Wall Sits
4. Walk to Bedroom
 - Do 10 Push-Ups
5. Backwards Walk to Hallway
 - Do 10 Rocket Launchers
6. Walk Forwards to Kitchen
 - Do a Water Break
7. Hop to Nearest Steps
 - Do 10 Sit-Ups
8. Run to Backdoor
 - Do 10 Twirls
9. Heel to Toe Walk to Driveway
 - Do 20 Lunges
10. Skip to Mailbox
 - Do 10 Calf Raises
11. Gallop to Lawn
 - Do 2 Sprints
12. Walk Back to Front Door
 - Do 2 long jumps (one running, one standing still)



- **Challenge Hunt**

- *Objective – After receiving a question from Monitor, player attempts to find answer. Once answers to questions are given, player must complete physical challenge before Monitor gives next question.
1. Question: How many steps (heel to toe) does it take to get from each side of room?
 2. Physical Challenge: **Basketball**
 - Five Lay-Ups OR Dribble Both Hands OR Spin Ball on Finger
 3. Question: How many cars are parked outside?
 4. Physical Challenge: **Soccer**
 - Score 2 Penalty Kicks OR Dribble Both Feet OR Juggle on Knees
 5. Question: How many kinds of drinks are in the refrigerator?
 6. Physical Challenge: **Football**
 - Throw to a Target OR Throw to a Distance OR Run Through Markers
 7. Question: What is the total age of everyone in the house?
 8. Physical Challenge: **Baseball**
 - Catch a Pop Up OR Throw a Strike OR Run The Bases
 9. Question: What are the colors that can be found on all the walls in the house?
 10. Physical Challenge: **Track and Field**
 - Long Jump OR Sprint OR Discus Throw
 11. Question: Where are all the fire detectors located?
 12. Physical Challenge: **Golf**
 - Make a Putt OR Accuracy Chip
 13. Question: How many inches is the kitchen table?
 14. Physical Challenge: **Nature Hike**
 - Find a Rock, Stick, Leaf, Flower, Feather



- **Art Hunt**

- *Objective – Monitor will announce task and participant will complete and submit to Monitor for approval before beginning next task.
 - NOTE: You need plenty of paper and writing utensils.
1. Task: Draw perfectly straight line, triangle, circle, square, rectangle
 2. Task: Draw animal of your choice
 3. Task: Build a tower (anything in room to stack)
 4. Task: Trace your hands
 5. Task: Draw a face
 6. Task: Make a letter and a number (anything in room to form shape)
 7. Task: Draw a maze
 8. Task: Trace your foot
 9. Task: Make a bracelet (help kids make strips of paper/connect w/tape)
 10. Task: Make a crown (help kids use paper and tape/decorate by drawing)
 11. Task: Make a necklace (help kids use paper and tape/decorate by drawing)
 12. Task: Create a tunnel (anything to build structure to move something under)

*Monitor should emphasize doing these things well, rather than quickly.



- **Clue Hunt**

- *Objective – Monitor has a series of Answers. Each Answer should include 5 clues. Monitor will provide a clue and after each clue, participant will guess. Points are given based on how many clues are needed to arrive at an answer.
- 1 Clue = 5 points, 2 Clues = 4 Points, 3 Clues = 3 Points, 4 Clues = 2 Points, 5 Clues = 1 Point. Clues should be organized hardest to easiest.

1. Describe – Dog
2. Describe – Sliding Board
3. Describe – Google
4. Describe – Shrek
5. Describe – Pop Corn
6. Describe – Soccer
7. Describe – Amusement Park
8. Describe – Brain
9. Describe – Video Games
10. Describe – Checkers
11. Describe – Calculator
12. Describe – Telephone
13. Describe – Pool
14. Describe – Sun
15. Describe – Coach
16. Describe – Dessert
17. Describe – Mickey Mouse
18. Describe – Guitar
19. Describe – Babysitter
20. Describe – Desk



- **Treasure Hunt**

- *Objective – Monitor will provide list of items; participant will race to retrieve items as fast as they can. Participant will line up items in order they were retrieved.

1. Item: Pencil
2. Item: Spoon
3. Item: Watch
4. Item: Belt
5. Item: Penny
6. Item: Soap
7. Item: Magazine
8. Item: Blade of Grass
9. Item: Pad
10. Item: Quarter
11. Item: Hat
12. Item: Backpack
13. Item: Key
14. Item: School Book
15. Item: Dime
16. Item: Soup/Drink Can
17. Item: Sock
18. Item: Calendar
19. Item: Trash Can
20. Item: Cup
21. Item: Nickel
22. Item: Ruler
23. Item: Tissue Box
24. Item: Phone Charger
25. Item: Crayon
26. Item: String
27. Item: Color Chalk
28. Item: Picture
29. Item: Ball
30. Item: Clothing With School Name On It



- **H.I.G.H. F.I.V.E.S. Hunt**

- *Objective – After receiving a question from Monitor, player will go to destination to get clue that will be waiting for them at destination.
- Once they have the clue (letter on a piece of paper) they should keep them to solve the word scramble at the conclusion of the hunt (HIGH FIVES)
- Letters should be made and placed at destinations prior to start of “hunt”

- **Question:** This is where we do homework.

- **Answer:** _____ (H)

- **Question:** This is where we brush your teeth.

- **Answer:** _____ (I)

- **Question:** This is where the car is parked.

- **Answer:** _____ (G)

- **Question:** This is where we keep the recycling.

- **Answer:** _____ (H)

- **Question:** This is where the mail is dropped off.

- **Answer:** _____ (F)

- **Question:** This is where and what we watch shows on.

- **Answer:** _____ (I)

- **Question:** This is where we store snacks.

- **Answer:** _____ (V)

- **Question:** This is where we keep board games.

- **Answer:** _____ (E)

- **Question:** This is where we play outside.

- **Answer:** _____ (S)