

Seniors

CHALLENGE WALK






THEMED PROGRAMME



AIM

This themed programme gives you the opportunity to take on a challenge walk that will not only take you around your local area (or further afield) but will also see you challenged by a number of tasks along the way.

ACTIVITIES

-  A Challenge Walk
-  Roll It In
-  The Long Arm Water Pass
-  A Dangerous Removal
-  A Blindfolded Launch
-  Stick to the Path

CHALLENGE WALK

» INTRODUCTION

A challenge walk is a great way to get young people outside and exploring the world around them, whilst also testing their teamwork and cooperation skills.

A challenge walk can require a bit of preparation, but it's always well worth it!

If you enjoy the challenge walk programme, then why not check out one of the challenge hikes organised within the BB. These include the Waltham Walk, Kilbryde Hike and the Cleveland Hike.

? DID YOU KNOW?

- Walking can have many benefits such as keeping fit, reducing stress, improve your mood, exploring new places and much more.
- It's recommended that you should aim to do 10,000 steps a day.
- You use up to 200 muscles every time you take a step.
- 71% of people felt a decrease in depression and / or anxiety after going out for a walk.
- The average walking speed is 3.1mph.



GET ADVENTUROUS: ADVENTURE ACTIVITIES A CHALLENGE WALK

What Is a Challenge Walk? A challenge walk combines navigating your way along a route, whilst also completing challenges or 'incidents' as you go.

How do we organise a Challenge Walk? Set a route. This could be by giving teams detailed instructions on the route they should take (i.e. turn left here, take this footpath etc) or it could be by providing the group with the grid reference of where they need to head to and letting them decide the route for themselves. Split into teams of 4-5 people.

What about the Challenges? Along the route you should have checkpoints that the teams need to visit. At these checkpoints there can then be challenges to complete, such as the activities in this card, with leaders at the checkpoint to run them. You could also set tasks along the route, such as quiz sheets or picture challenges.

How to make it a Competition? Teams can score points on the challenges. You could also set time periods for getting between checkpoints. Points can then be deducted from teams for missing their check in time.

Keeping Everyone Safe: Before setting the route a leader should review it to make sure the route is accessible and safe. Consider what supervision the groups will need (direct or remote supervision) and ensure all young people are wearing clothing and footwear appropriate for the challenge. The difficulty of the route should reflect the experience of the group at navigating.





GET ACTIVE: WORKING AS A TEAM ROLL IT IN

- 1 For this activity you'll need some tennis balls and a long thin plank of wood, ideally 2+ metres long. Place a cone on the floor where the plank cannot go beyond. 1 metre away from that cone place a bucket.
- 2 All the team members, except one, should pick up the plank of wood. The remaining team member's job is to be in charge of rolling the tennis balls down the plank.
- 3 The aim of the challenge is to roll the ball down the plank of wood, with the rest of the team trying to keep the ball on the plank and aiming it, so hopefully the ball lands in the bucket. Because of the 1 metre gap between the end of the plank and the bucket, the team will have to try and make sure the ball has enough momentum and aim to successfully land in the bucket.
- 4 Give the team two minutes to try and score as many points as possible. Each successfully landed tennis ball gains a point.



GET ACTIVE: WORKING AS A TEAM THE LONG ARM WATER PASS

- 1 You'll need a garden cane (or similar) with a plastic water cup attached to the end of it. This could be attached with strong tape or a loop of garden wire. You'll need one cane and cup for each team member.
- 2 The team should stand in a line, with the length of the cane between each team member.
- 3 The first person in the line should dip their cup into a bucket of water and then try to transfer that water from their cup into the cup of the next team member. Team members should be stood far enough apart that the cups only just reach each other when both people have their arms stretched out with their cane.
- 4 The water should continue to be passed from one team member to the next until it reaches the last person, who then tips the water into a bucket.
- 5 Continue this activity for two minutes. At the end of the time measure the amount of water that has reached the second bucket. Award a point for every 50ml.



GET LEARNING: PROBLEM SOLVING A DANGEROUS REMOVAL

- 1 Place a large rectangle of cones on the floor. Within this place a series of containers (i.e. sweet tubs, sandwich boxes, small cardboard boxes etc.). You'll also need a large and strong elastic band. Attach four pieces of long string / rope to the elastic band, evenly spaced around the band. Place the band in the middle of the rectangle, with the four pieces of string/rope coming out of the four sides of the rectangle.
- 2 Four team members should take part in this challenge. Each team member should take control of a piece of rope. Any remaining team members can help give directions and commands.
- 3 The challenge is to try and remove as many of the items from the rectangle as possible. To do this, the team should use their ropes to move the elastic band around the rectangle, expand it to place it over an item and then pick it up. The team will then need to work together to carefully remove the item without dropping it. The item should be completely removed from the rectangle. Team members cannot go inside the rectangle during the challenge.
- 4 Give the team a set time on this challenge. 5 points should be awarded for each item they can remove from the rectangle, however 1 point should be deducted each time they drop an item.



GET ACTIVE: WORKING AS A TEAM

A BLINDFOLDED LAUNCH


- 1 Place a cone on the floor. Roughly 10 metres away place another cone. Two members should stand at each cone. One person on the first cone should be blindfolded, the other should be holding a football. The two members at the other cone should be given a large box (or similar).
- 2 The person holding the football should hand it to the blindfolded team member. The blindfolded person must attempt to throw the ball into the air. Once the ball is in the air, the two people with the box are allowed to move, whilst carrying the box together. Their job is to try and catch the ball in the box before it lands on the floor. The person not blindfolded on the first cone is allowed to verbally guide the blindfolded person as to where they should aim and how hard to throw the ball.
- 3 The blindfolded person should have 5 attempts at throwing the ball. A point is awarded for each ball that lands in the box successfully.
- 4 With this activity you could allow everyone to swap roles, meaning everyone can have a chance to be blindfolded, throw their 5 balls and hopefully earn points for their team.



GET INTO THE BIBLE: DEVELOPING MY FAITH

STICK TO THE PATH

- 1 Who has been on a hike or a long walk before? Let the group share some stories.
- 2 Has anyone ever got lost whilst out on a hike / walk? If so, how did they get lost? Again, let people share their stories of getting lost. Hikers can get lost for a number of reasons such as not paying attention, reading a map wrong or not reading the map at all and thinking they know best.
- 3 What does it feel like to be lost? When lost it can make you feel worried, disappointed and even a bit angry too. You can also feel regret for not having paid attention or looked at a map correctly. No one sets out to get lost, but unfortunately it can happen all too often.
- 4 What about in our own 'hikes' through life. We are all guilty of making a wrong 'turn' or bad decision at various points through life. Again no one sets out to make a wrong turn in their life but sadly it can also happen all too often.
- 5 The Bible gives advice about the paths we choose to take in our lives. Read Proverbs 4:1-27. After reading this chapter spend some time as a group pulling out key verses and thinking about what the author is trying to say. What conclusions do you come to?
- 6 The Christian life involves following Jesus one step at a time. Sometimes he leads over rough ground, but his way is always the best way.
- 7 God has set our path, but are we paying attention and following it? Or are we straying and going off course? Are we choosing God's wisdom or are we ignoring the map and doing our own thing?
- 8 Finish in prayer asking God for the wisdom needed to follow the path set out for us and the strength needed to keep putting one foot in front of the other on that path.

 **'I'm writing out clear directions to Wisdom Way, I'm drawing a map to Righteous Road. I don't want you ending up in blind alleys or wasting time making wrong turns.' Proverbs 4:11-13**