# Picture Trail

ROUTE B

ROUTE C
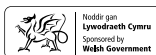
ROUTE A

ROUTE D

1

2

3

4

## Let's play

- Create 4 picture trails for each zone. Each picture trail is a series of clues, letters, numbers, objects, pictures, pieces of a puzzle, etc. scattered around the zone. There is map for each picture trail

- 4 teams of 2

- Each team has a map. Each team must follow their map to find the clues, letters, numbers, objects, pictures, etc. and then undertake the relevant tasks as shown on their maps

- Each team tries to complete each map in the shortest time

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# Picture Trail

## Key words

Control, balance, coordination, communication, problem solving, teamwork

## Resources

Throw-down markers, chalk, coloured ties, etc.

## Safety & Organisation

**Ensure:**
- the surface is clean and free from obstructions
- children move safely when working as fast as they can, encourage them to look up when running with their maps
- all children can be seen at all times
- routes for less ambulant or wheelchair users as appropriate

## Opportunities to:

- sustain activities over appropriate periods of time
- cooperate in solving problems together
- take increasing responsibility the planning of elements of their work
- describe how they feel doing different activities and show some understanding of the importance of physical activity to health, fitness and well-being.

## Questions

- How well did you listen to the instructions?
- How well did you and your partner work together?
  - How could you improve your teamwork?
- How accurately did you follow the map?
- How did you feel towards the end of the task?
- Why is it important that you take part in activities like this regularly?
- How could you reduce your time?
- Which part of the course did you enjoy most and why?

## Changes to the activity

Change the:

### Space
- vary the size of the area so all stations can be seen/some of them can be seen/none of them can be seen. Larger courses require more stamina to complete and better navigation skills

### Task
- way the course is completed, e.g. walking, skipping, cycling, etc.
- leave the map set out within the grounds, so children can orientate themselves more easily
- task to be completed at each station or point

### Equipment
- take equipment on the journey e.g. a fit ball that must not touch the ground and must be touching both children all the time but not using hands, etc.

### People
- take turns to go to a station (like a relay)
- increase the number in a team, race connected in some way, follow my leader

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