Names______________________________________________________

SEL Conference Adventure Racing Task Card

Rules:
• Keep your group together for the entire race.
• Complete all Task Stations for each lap.
• All boxes on the back of this card must be marked.
• When your group has finished 3 laps cheer on other teams to the finish line.

Tasks

Think About It
Read the question. When your group thinks they know the answer, run to the Answer Judge(s) and answer it. If correct, your group will receive a mark and move on. If not, jog around the Think About It Lap before returning to the answer station with another answer. Groups must answer the question correctly before moving on with the next lap.

Questions:
1. What does SEL stand for?
2. Name a movie or show where there is a PE teacher as a character.
3. Who has been the sponsor the SHAPE America Teacher of the Year program for the last 30 years?

25 Push-ups
Perform 25 push-ups as a group. Divide the push-ups up amongst your group members however you like.

100 Jumping Jacks
Perform 100 Jumping Jacks as a team. Divide the Jumping Jacks up amongst your group members however you like.

Disc Throw
All team members stand at least 10 ft from each other. Pass the disc around your group 3 times in a row without it touching the ground before moving on to the next station.

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