

Activity Guide

The HitchHiker

Goal:

- To work as a group to help the HitchHiker travel on the A Frame safely across the activity area

Bullying Awareness/Bullying Prevention Concept or Goal:

- Using team work and players strengths to accomplish a group task

Recommended Grade Level: Grades 5-10

Space or Activity Area: Large, safe activity area

Equipment/Materials Needed:

- The FlagHouse HitchHiker

Description of Activity/Game:

- This 8-10 person initiative problem requires a unique combination of creative thinking, cooperation, balance, timing, strength and concentration.
- Everyone participating plays an important part in the success of this creative task. 3-4 teammates are on each side of the A Frame HitchHiker holding the ends of the ropes so that the frame stands up straight.
- The rider, The HitchHiker, mounts the frame holding on with 2 hands and standing on the cross frame.
- The team, using the ropes to lift the legs of the frame, helps the rider move the frame across the area to the ending point.
- Starting suggestions:
 - Start with everyone holding the A-Frame while the rider gets on
 - Move the rope holders back slowly each keeping the rope tight while they move back together
 - The rider should help move the frame by leaning from side to side to lift the “foot” off the ground a slight bit to take a step. After a “step” with one foot, lean the other way with the help of your rope people to lift the other “foot” and step.

Fitness Component:

- Upper body tness

Skills Component:

- Balance
- Timing

Rules:

- The A-Frame must maintain at least one point of contact with the ground at all times and never more than 2 contact points. (Can not be laid down and dragged.)
- Only 1 person can make body contact with the Frame and that person must avoid all contact with the ground if possible
- Ropes may not touch the ground at any time.
- None of the rope holders may approach closer than 5' to the Frame (a mark of 5' on each rope with bright tape should help keep the restrictive distance)
- If a rider falls off or any rules are broken in transit, the team must start the task over

Assessment:

- How did the team work together?
- Was the group successful?
- How much time did the activity take to finish?

Debriefing Ideas:

- Talk about each person's part in the activity
- Discuss whether all rules were followed
- Debrief on the group's ability to work together
- Brainstorm about the way each person felt as part of the group

Extensions:

- Add obstacles in the path of the HitchHiker
- Increase the distance of the travel
- Try no verbal communication during the trip

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