

The Mine Field

Item #18369



Overview:

- FlagHouse and Project Adventure have partnered up to create this unique and exciting cooperative challenge activity. We're confident that your participants will have a blast with this exciting game!
- The Mine Field is a great beginning trust activity that helps students and groups begin to understand the different kinds of risks: perceived and actual. Partners and teams carefully guide their blindfolded teammates across the "mine field" without touching any of the obstacles along the way. Communication and trust ultimately lead the winning team to success.
- Includes these colorful items to create your field: 12 hoops, 6 pairs of foam hoop holders; 12 fleece balls; 50 plastic 2"H x 8"-dia. markers; 6 rubber 6"-dia. rings; 2 foam fish; 2 rubber chickens; 10 plastic 12"H pins; and 4 blindfolds.

What Are the Educational Applications?

- This activity is a small group challenge that fosters teamwork, risk taking and trust.
- To solve The Mine Field, the teams must combine their physical skills with group problem solving and cooperation skills.
- The post activity de-briefing is an important part of the learning process.

How Can I Use This Product With My Students?

- **Where:** On a safe flat area.
- **Age:** Students in Grades 6 through 10.
- **Group Size:** Partners are the best working group type.
- **Basic Skills Needed:** Teamwork, cooperative skills, problem solving, trust and communication.

Set Up/Instructions:

- Use the diagram that accompanies the equipment for setting up The Mine Field. The placement of the objects should always be challenging, but safe.
- Rules of travel must be followed.
- Blindfolded teammates should move carefully.

Rules:

1. Use only safe objects in The Mine Field (soft cones, beanbags, fleece balls; see equipment list).
2. Take turns being the blindfolded partner.
3. The objective is for the sighted person to lead the blindfolded partner safely across the minefield.
4. The guide may not touch their partner.
5. Guide must stay outside of The Mine Field.
6. The values of touching certain objects in The Mine Field are higher than others (see equipment list for values if you are playing for points).
7. Add up the total touch values to get the team score.
8. If an object of "Total Value" is touched, the blindfolded partner must start again.
9. After Partner #1 is finished, have a brief discussion and change roles.

The Games/Activities

• **Activity #1: Mini Minefield**

- a. Objective: To lead a partner through a small minefield using verbal cues from the sidelines.
- b. NASPE Standards: 1, 2, 3, 4, 5, 6
- c. Set Up: Small rectangular areas are filled with “mines.” Place blindfolds on participants.
- d. How To Play: Partner #1 puts on blindfold and attempts to walk across the minefield safely without touching the “mines.” Partner #2 gives Partner #1 verbal cues to direct them safely across.

Rules:

1. Start on one end and move across the area to the opposite end.
2. Count the points for each object touched on the way across.
3. If a major value object is touched the player must start over, but keep the score of the first attempt to add to the second attempt.

• **Activity #2: All Sides In**

- a. Objective: To traverse The Mine Field safely without touching objects or other participants.
- b. NASPE Standards: 1, 2, 3, 4, 5, 6
- c. Set Up: You will need a larger area filled with mines (see equipment list). In this activity, players may start on any side of the large rectangle.
- d. How to Play: One partner leads a blindfolded partner across the minefield using verbal cues.
- e. Extensions: Same as Activity #1.

• **Activity #3: Non Verbal Cues Minefield**

- a. Objective: To lead the blindfolded teammate across the minefield using non-verbal cues (clapping, whistling, stomping, etc.).
- b. NASPE Standards: 1, 2, 3, 4, 5, 6
- c. Set Up: Same as “All Sides In”
- d. How to Play: Teammates use their non-verbal communication skills to help their partner cross The Mine Field safely with the fewest number of mine touches.
- e. Extensions: Same as Activity #1.

• **Activity #4: Retrieve a Mine**

- a. Objective: To lead a blindfolded partner into The Mine Field to retrieve a “mine” and bring it back safely to the starting point.
- b. NASPE Standards: 1, 2, 3, 4, 5, 6
- c. Set Up: Same as “All Sides In,” but add a special team mine to collect and bring back to the side to successfully defuse the mine.
- d. How to Play: One partner leads a blindfolded partner into The Mine Field using verbal cues to collect a team mine and bring it back to the partner on the side. This must be done without touching any other objects.
- e. Extensions: Same as Activity #1.

• **Post-Activity Discussion Questions:**

- a. How did it feel being blindfolded?
- b. Were you able to communicate to your partner clearly, so they did not hit the mines?
- c. What were your fears and how did your partner help you with them?
- d. Did you trust what your sighted partner said? How did this change when you could not use words?
- e. What is a perceived risk?
- f. What is an actual risk?
- g. What was the best way to help your partner?
- h. How does cooperating help build a team?

• **Safety Issues & Concerns**

- Make sure the area is safe and free of items so that if the participants fall they will not get injured.
- Trust is the key. Listen to your partner and teammates.
- Know your movement skills and use them safely.
- Moving around objects can be difficult at times.
- At no time may you intentionally cause a partner or any other player to touch a mine in The Mine Field or cause them to move in an unsafe manner.

Meets These NASPE Standards

1. Demonstrates competency in motor skills and movement patterns needed to perform a variety of physical activities.
2. Demonstrates understanding of movement concepts, principles, strategies, and tactics as they apply to the learning and performance of physical activities.
3. Participates regularly in physical activity.
4. Achieves and maintains a health-enhancing level of physical fitness.
5. Exhibits responsible personal and social behavior that respects self and others in physical activity settings.
6. Values physical activity for health, enjoyment, challenge, self-expression, and/or social interaction.



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