**Adventure Activity List**

The following list of activities contains some of the classics from Project Adventure, and can mostly be found in one of two books.

*No Props (Great Games with no Equipment)*, by Mark Collard

*Achieving Fitness: An Adventure Activity Guide*, by Jane Panicucci, Lisa Hunt, Ila Sahai Prouty, and Carolyn Masterson

Both books are available from:
FlagHouse, 1-800-793-7900, [www.flaghouse.com](http://www.flaghouse.com)
Project Adventure, 1-800-468-8898, [www.pa.org](http://www.pa.org)

1. Me, You, You, Me
2. Knee Tag
3. Heads/Tails Tag, and Transformer Tag
4. Blind Rope Shapes
5. Alaskan (Eskimo) Baseball
6. Secret Agent
7. Over the River
8. Marshmallow River
9. Knock-off (with stance variations)
10. 2 person trust lean, 3 person trust lean, Willow in the Wind
11. I Trust You, But…
12. Dolphin Golf
13. Negotiation Square (Group Gesture is the original name)
14. Toss a Name, Sit-up Toss a Name (or any fitness Toss a Name)
15. Juggle on the Move (human group juggling)
16. Bog (old name was Minefield)
17. It Ain’t Me Babe
18. Identity Crisis
19. World View (Blinders/Binoculars/Monocular…or Cyclops Tag)
20. Mini Keypunch
21. Maestro
22. Partner River Crossing
23. Look-up…fitness style!
24. Popcorn
25. Rhyme or Reason (sometimes called No Rhyme or Reason)
26. Social Identity Group Juggle
27. Slap Ball, Tweener Ball, Whombat Ball, or 5-Hole
28. Knots/Human Knot/Rope Human Knot
29. Trash the Yard
30. Flaghouse/PA equipment/activities/games - Running Man, Stretch Spots, Yoga Spots, Evasion Pinnies, Z-balls (reaction balls), Challenge Tarps, Multi-Buckets, Math Balls, Keypunch, Mass Pass, etc.

***Information about the Masters Degree in Adventure Education can be found on the PA Website, or the Plymouth State University Website…DO IT!***