

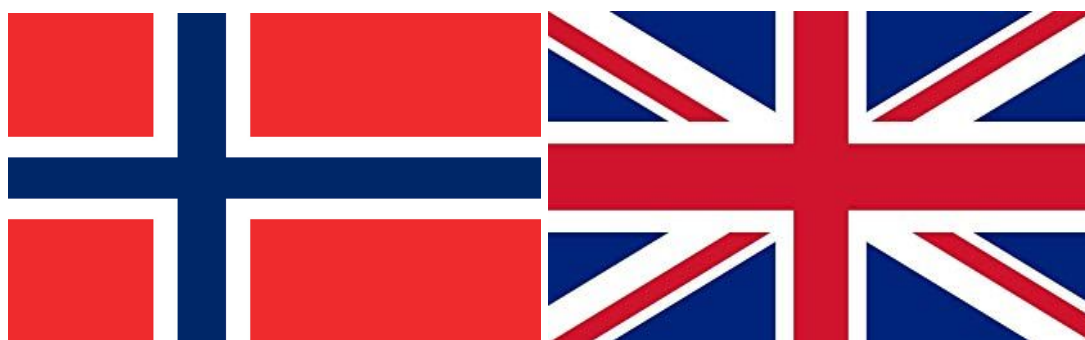
Polar Explorations Sport Day: the race for the South Pole!

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Who will be the first to plant a flag at the South Pole? Will history repeat itself with the Amundsen team being the first or can you change history and give the Scott team the honour?

Materials

- Projector
- Norwegian and British flag (can be printed) on a stick
- Potentially a mask of Scott and Amundsen for the group leaders (can be printed)
- A field or PE facilities
- A rope
- Other items depending on which games you want to play!



Documentary

Start with watching an informative documentary about the race, for example:

<https://www.youtube.com/watch?v=2VQZA42QqiA> (53 minutes) or

<https://www.youtube.com/watch?v=bUH5UyACz4E> (8 minutes)

Dividing the teams

Split the group up in two teams and start with asking a question (or questions) from the documentaries. The team with the correct answer will be the Amundsen Expedition. The losing team will be the Scott Expedition and have a disadvantage in the games. Scott started in Cape Evans and travelled 1381 km (858 miles) to reach the South Pole, whereas Amundsen travelled 1285 km (795 miles) to reach the South Pole.

Examples for questions:

- What year was the race? *1911-1912*
- How many days later did Scott arrive after Amundsen? *34 days*

- Which team brought ponies? *Scott*

Option: The teams decide who the group leader will be and that person has to wear a Scott/Amundsen mask.

The games!

The Scott expedition starts in Cape Evans and the Amundsen expedition starts in the Bay of Whales. The expedition that wins each game gains a certain amount of kilometres/miles until one of the teams reaches the South Pole. The amount of kilometres/miles won for each game will depend on the amount of games you want to play. The Scott expedition has to travel about a 100 kms further than the Amundsen expedition.

For example, the winning team wins 100 miles and the losing team wins 50 miles per game.

To stick to the Polar theme you might want to try traditional Inuit games (but you can do any team-based physical race, activity or relay). This website explains eight Inuit game activities:

<http://www.athropolis.com/news-upload/master/11-frames.htm>

[The Kneel Jump](#)

[The Back Push](#)

[The Airplane](#)

[The Sitting Knuckle Pull](#)

[The Legwrestle](#)

[The Knucklehop](#)

[The Musk Ox Push](#)

Let the race begin!!