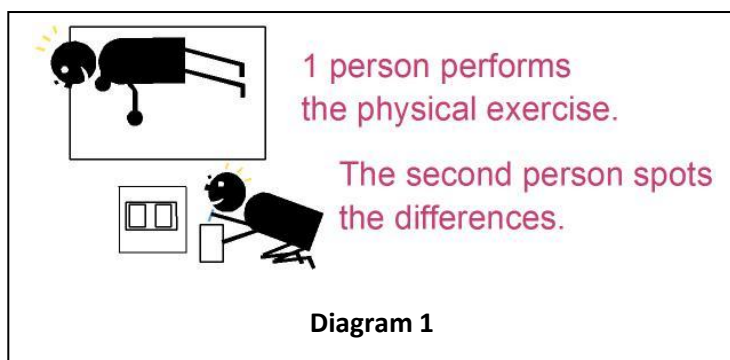# Spot the Difference

Preparation:

For each exercise station there are a pair of maps. Each pair prints onto an A4 sheet of paper. Place one pair beside each exercise station. (Diagram 1)

1 person performs the physical exercise.

The second person spots the differences.

Diagram 1

How it works:

Person 1 does the exercise for the prescribed period of time (e.g. 45 seconds). Whilst person 1 is performing the exercise the second person looks at the set of 2 maps. They try to work out what the differences between the 2 sets of maps are. The Participants fill in their answer sheets with what they believe to be the correct answer. Each set of maps has 10 differences. The answer sheet states what type of solution they are looking for. For example in pair 1, 10 items have grown whilst in pair 2, 10 items have changed colour. The aim is to get as many matches as possible within the 45 seconds.

At the end of the circuit training session the coach can give out solutions sheets and participants can work out how many they have got right. The solutions go from the top of the map to the bottom.

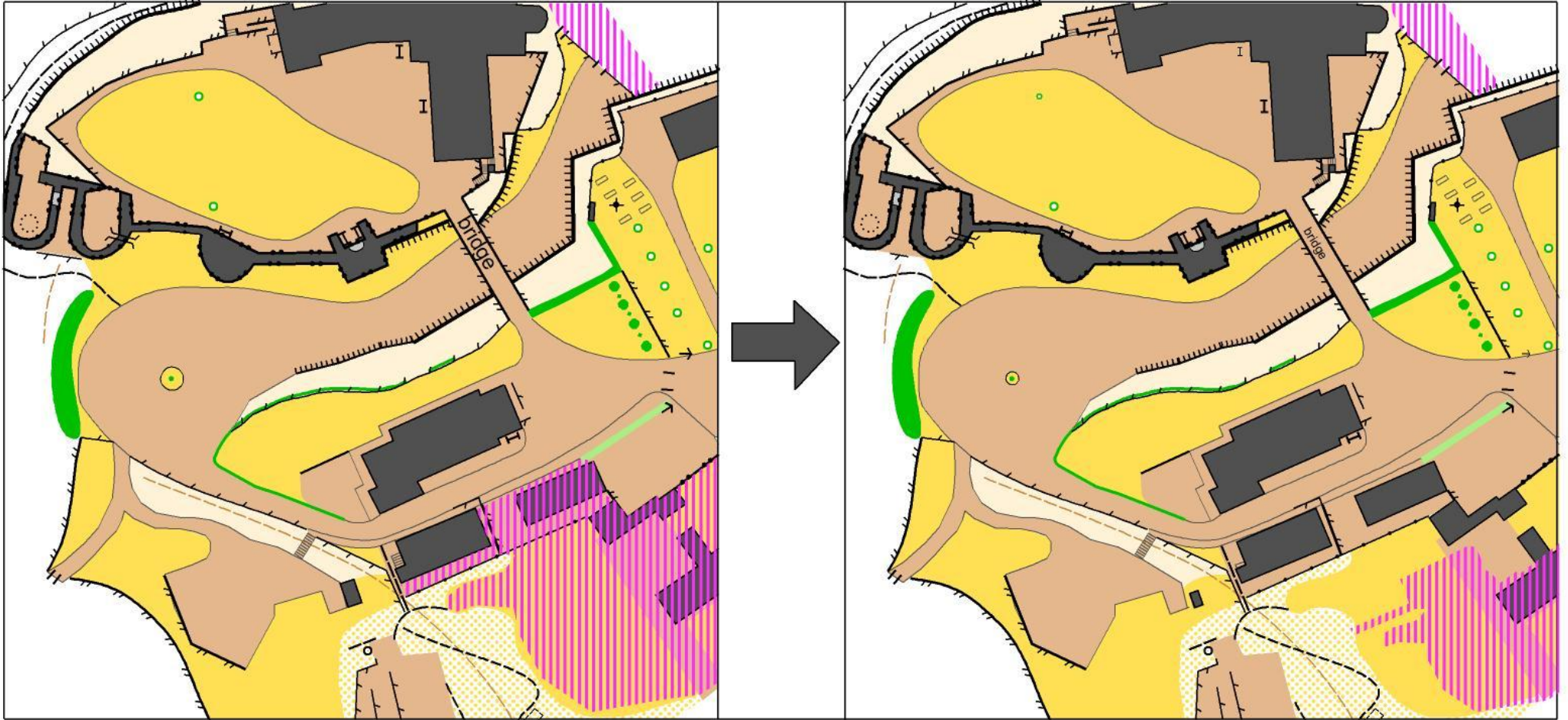# Spot the Difference 1 (10 items have grown)
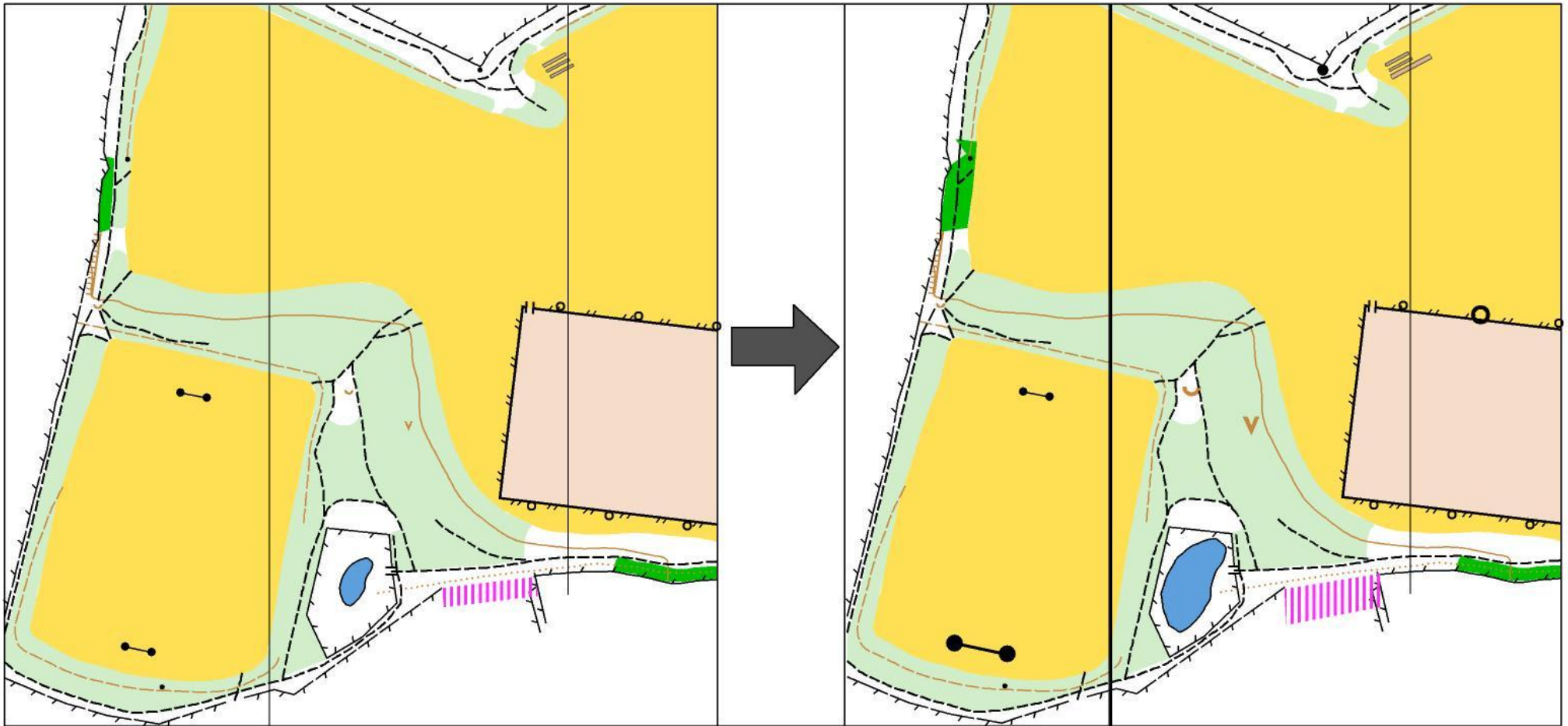
Spot the Difference 2 (10 items have changed colour)

Spot the Difference 4 (10 items have shrunk)
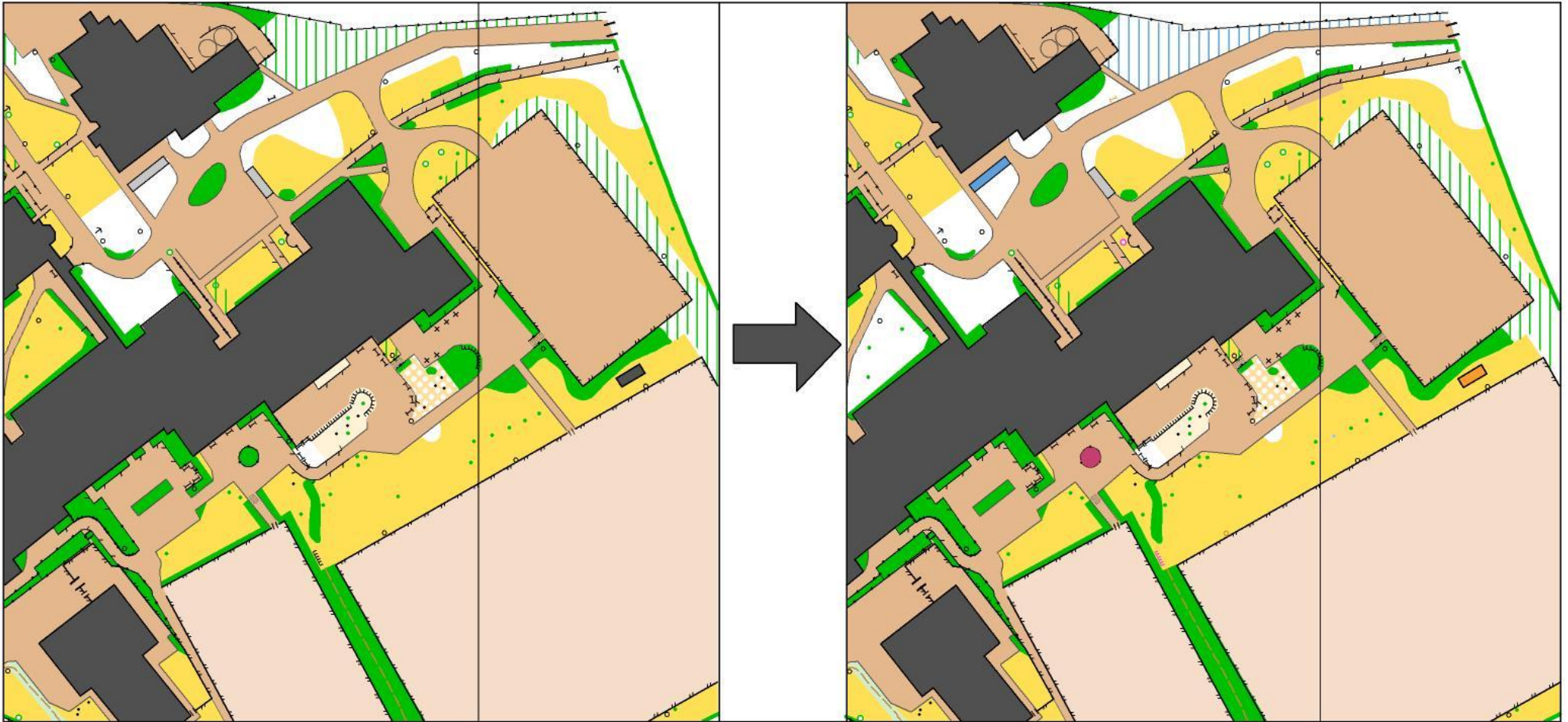
Spot the Difference 5 (10 items have disappeared)

Spot the Difference 7 (10 items have grown)
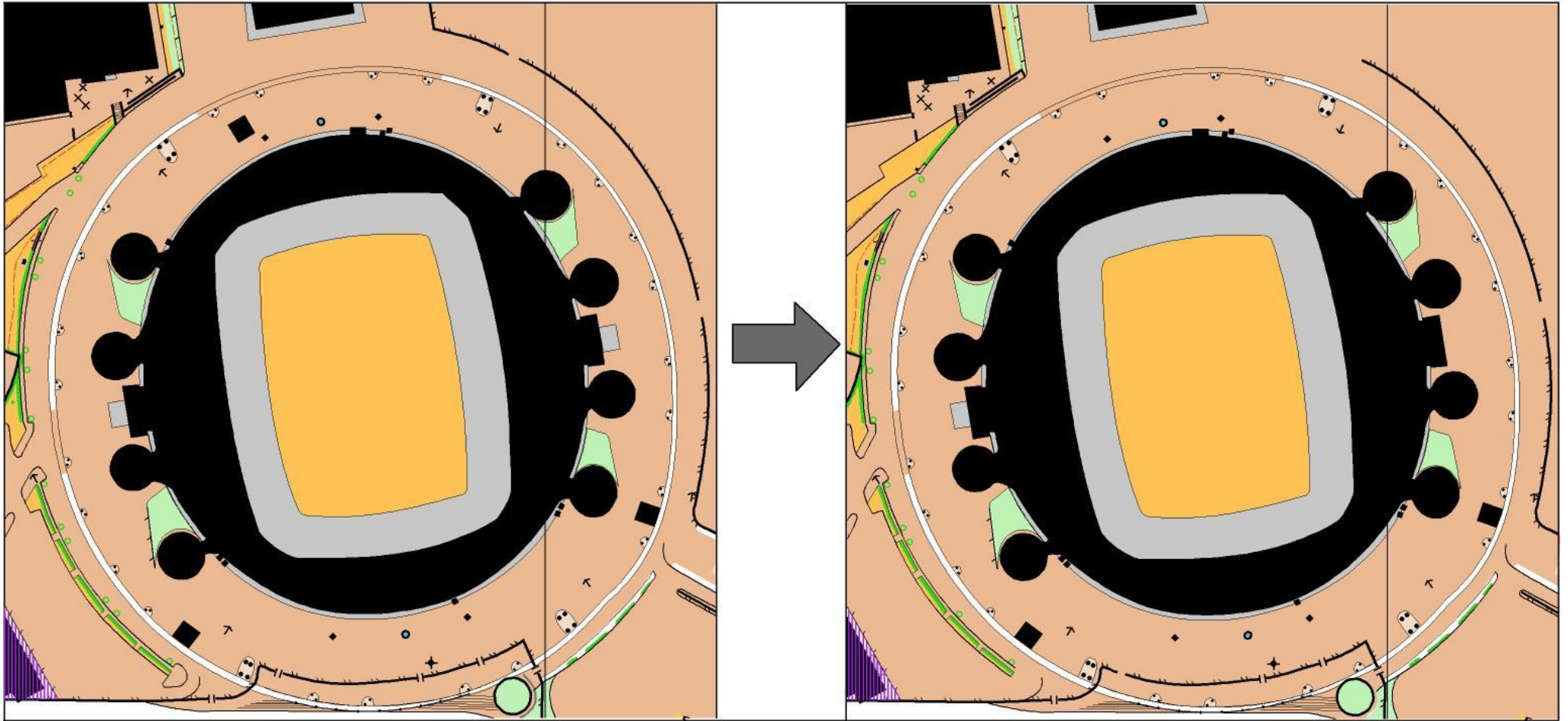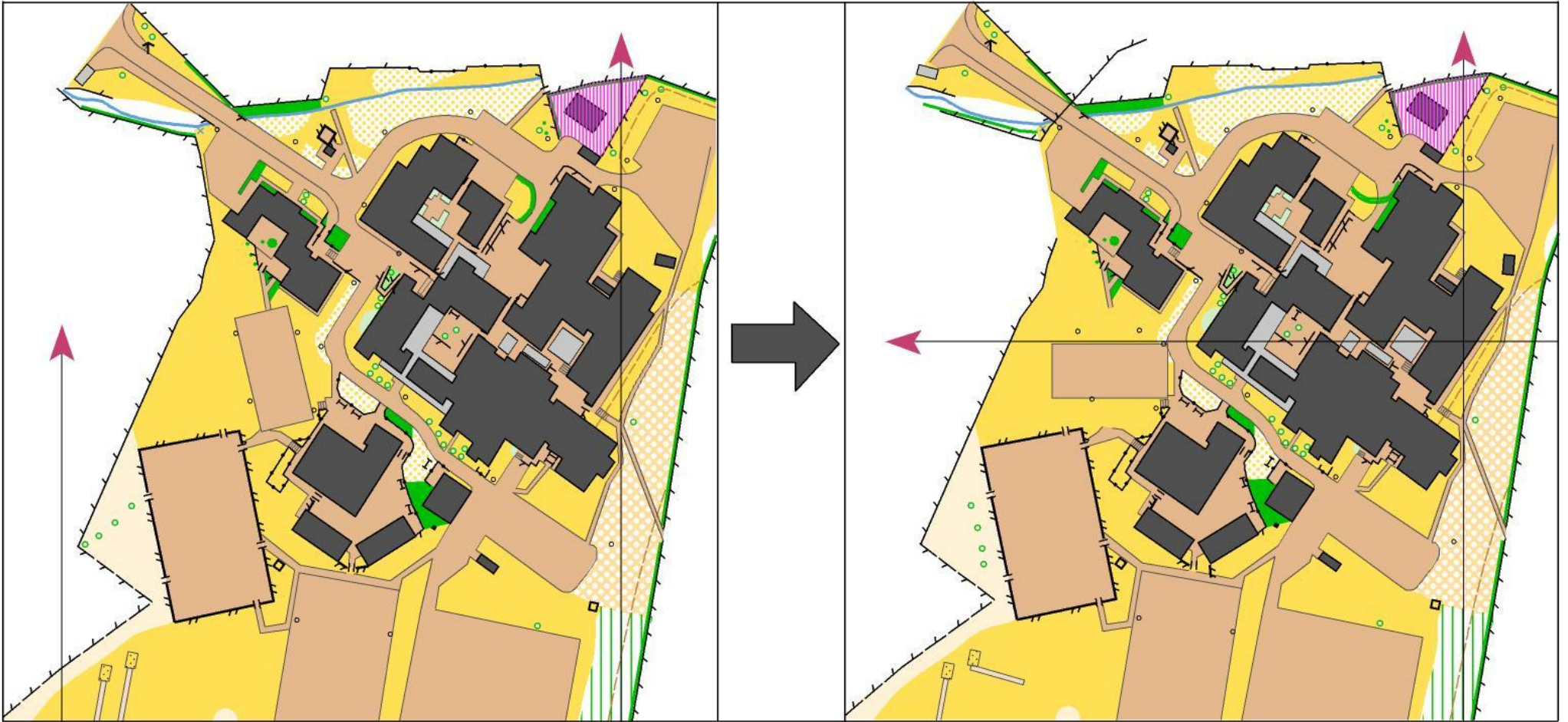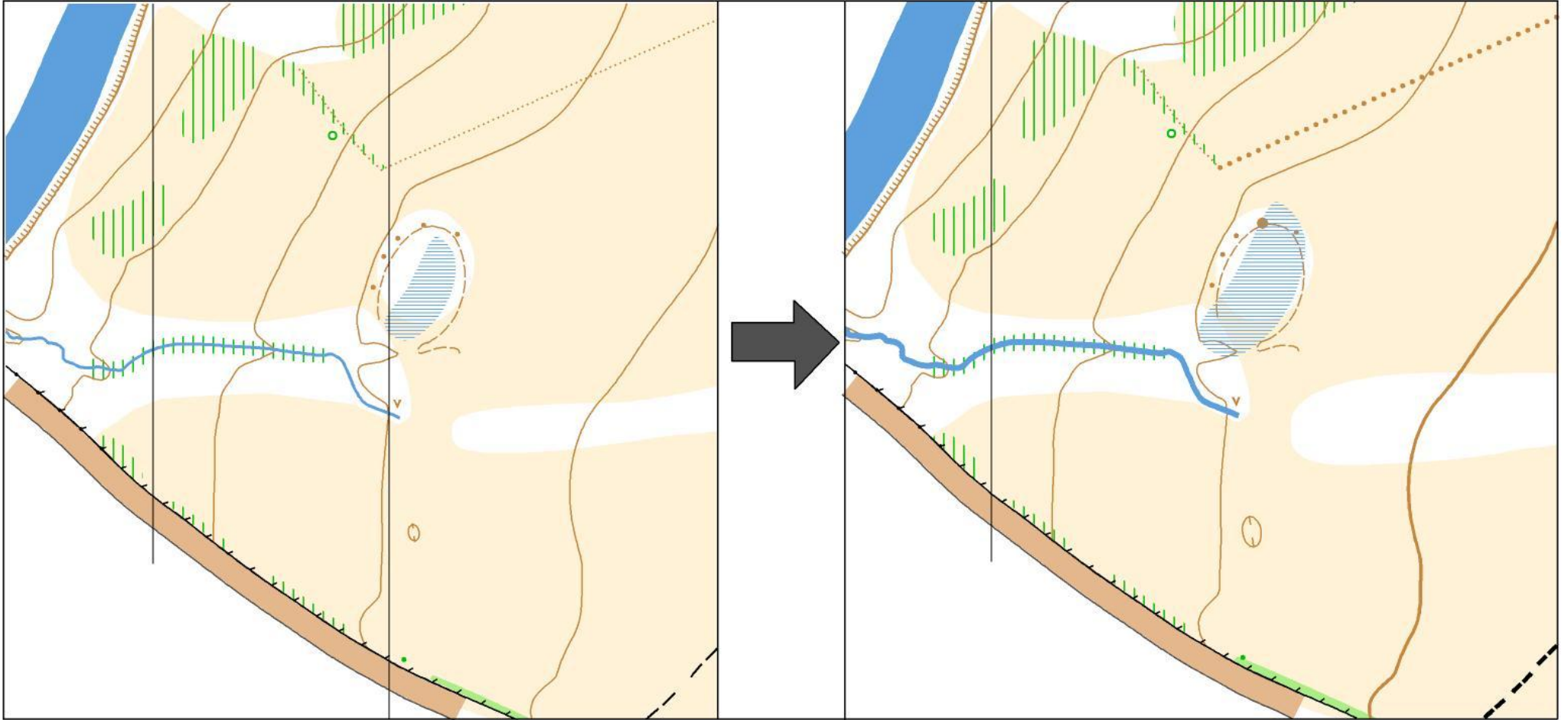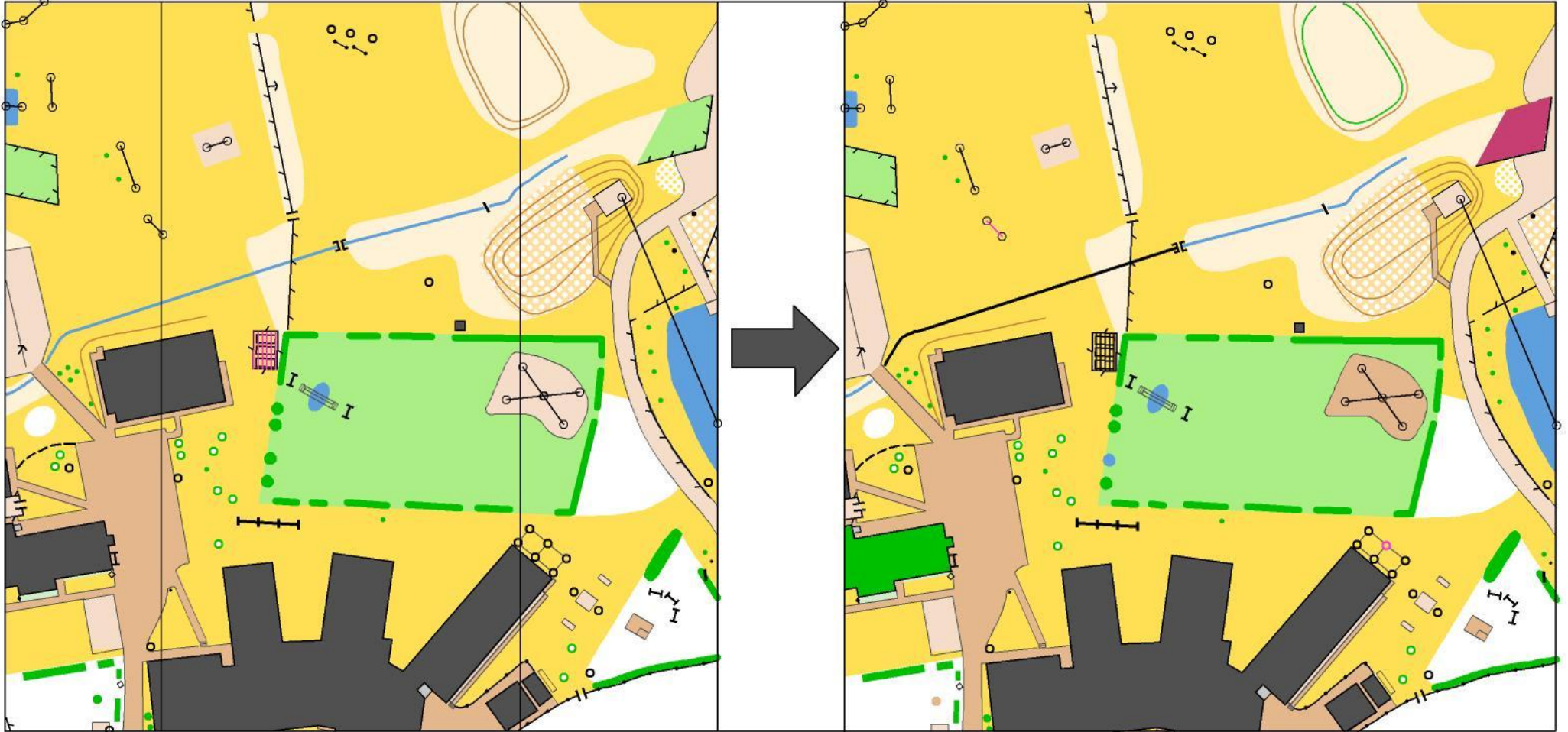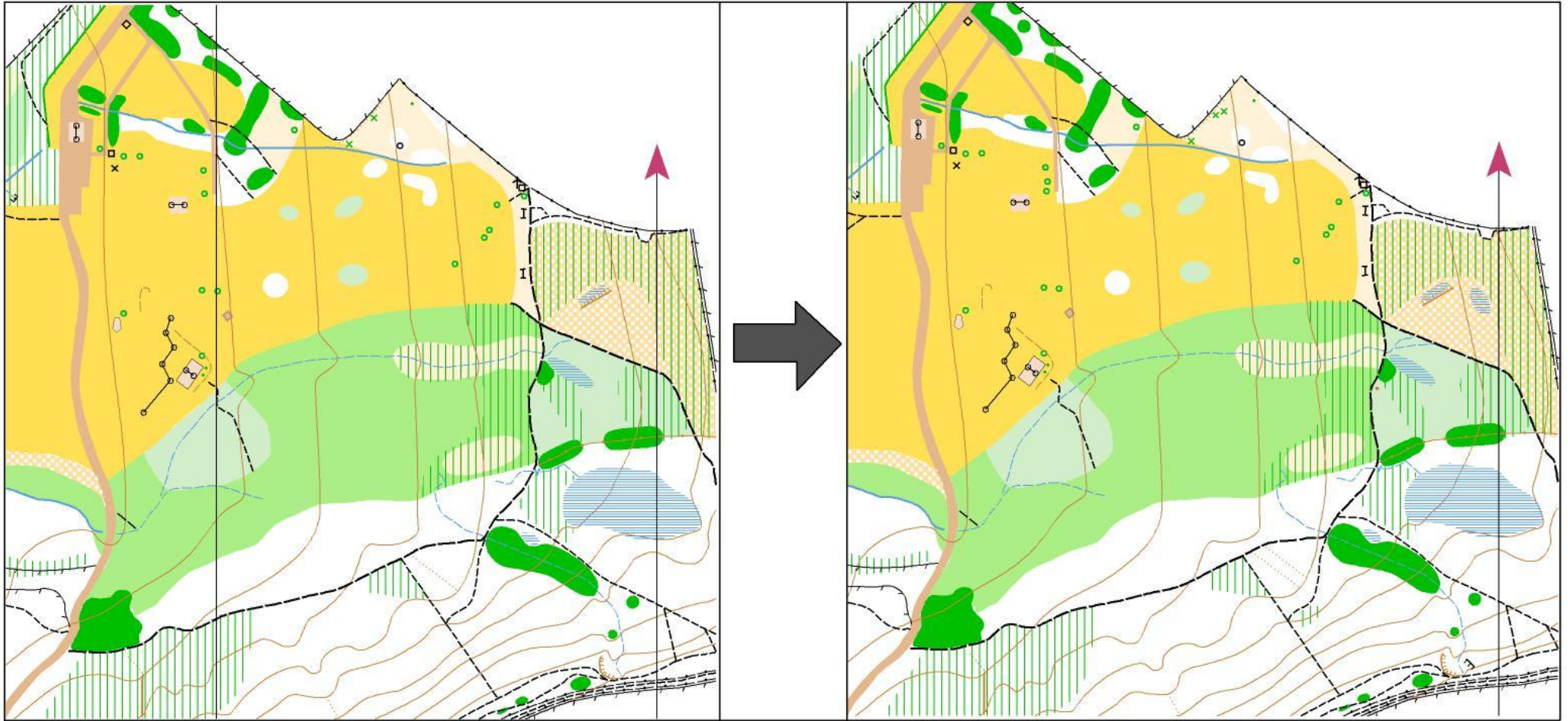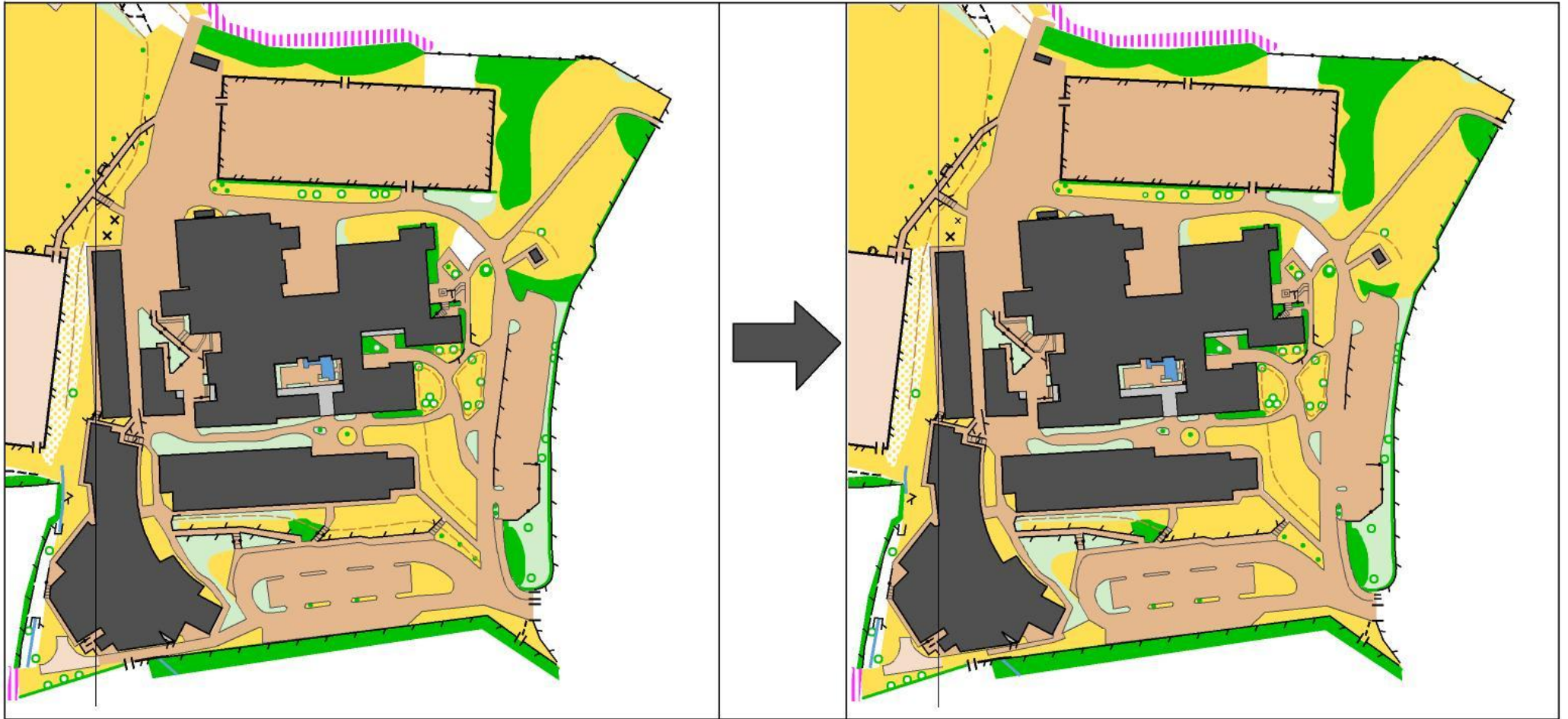
Spot the Difference 8 (10 items have changed colour)
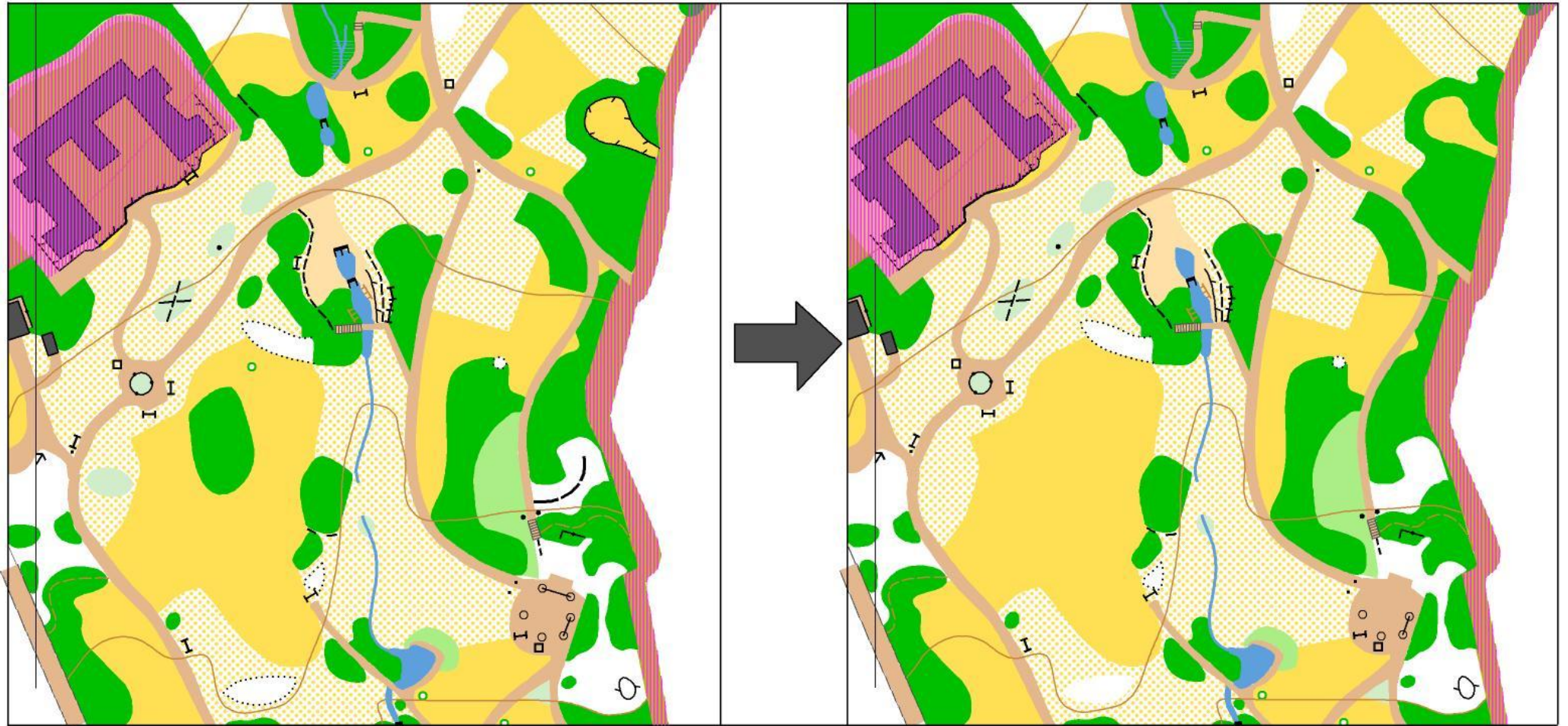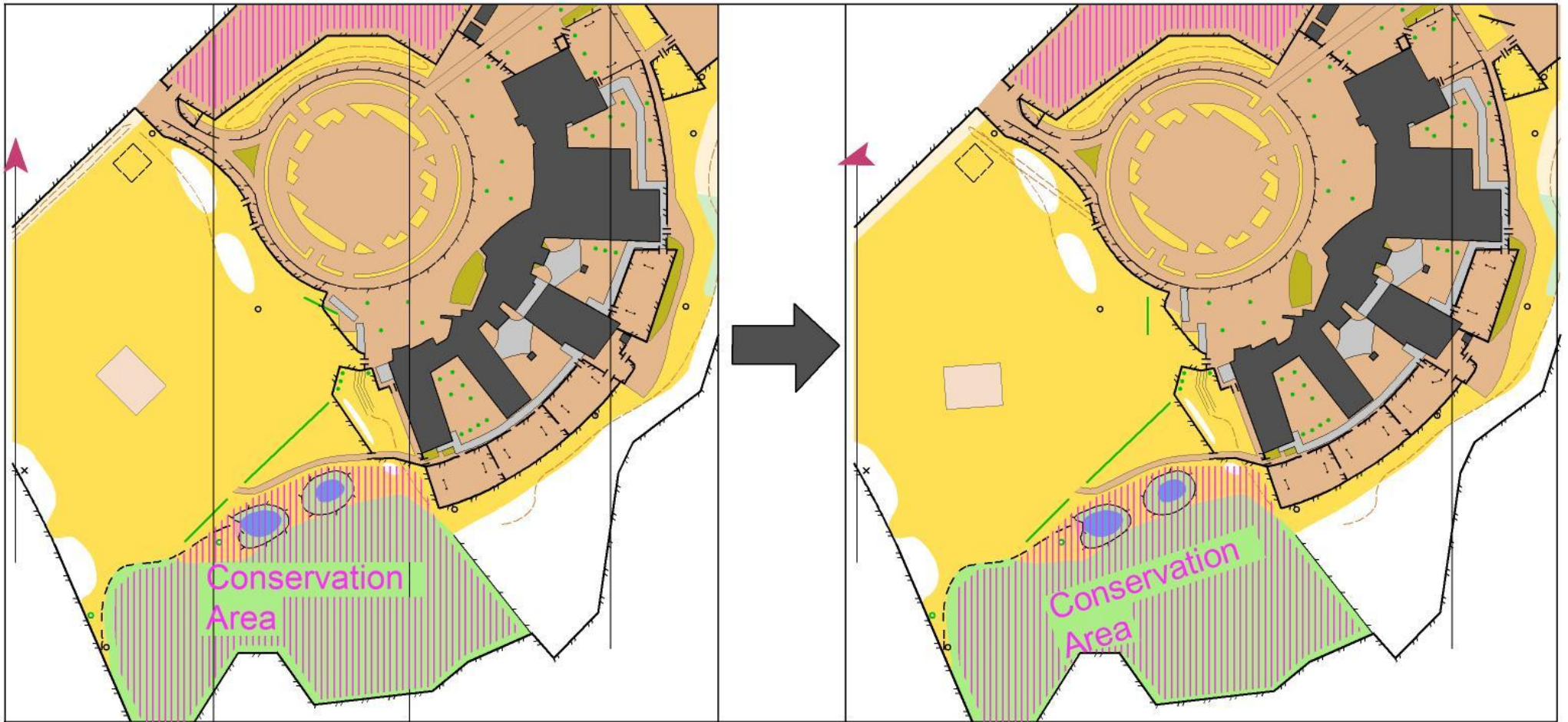
Spot the Difference 10 (10 items have shrunk)

Spot the difference 12 (10 items have rotated)

Conservation Area

Conservation Area

Answer Sheet

Pair 1. 10 Items have grown									
1=	2=	3=	4=	5=	6=	7=	8=	9=	10=

Pair 2. 10 items have changed colour (write the object and the colour it is changed to)									
1=	2=	3=	4=	5=	6=	7=	8=	9=	10=

Pair 3. 10 items have appeared									
1=	2=	3=	4=	5=	6=	7=	8=	9=	10=

Pair 4. 10 items have shrunk									
1=	2=	3=	4=	5=	6=	7=	8=	9=	10=

Pair 5. 10 items have disappeared									
1=	2=	3=	4=	5=	6=	7=	8=	9=	10=

Pair 6. 10 items have rotated									
1=	2=	3=	4=	5=	6=	7=	8=	9=	10=

Pair 7. 10 Items have grown									
1=	2=	3=	4=	5=	6=	7=	8=	9=	10=

Pair 8. 10 items have changed colour									
1=	2=	3=	4=	5=	6=	7=	8=	9=	10=

Pair 9. 10 items have appeared									
1=	2=	3=	4=	5=	6=	7=	8=	9=	10=

Pair 10. 10 items have shrunk									
1=	2=	3=	4=	5=	6=	7=	8=	9=	10=

Pair 11. 10 items have disappeared									
1=	2=	3=	4=	5=	6=	7=	8=	9=	10=

Pair 12. 10 items have rotated									
1=	2=	3=	4=	5=	6=	7=	8=	9=	10=

Solutions

Pair 1. 10 Items have grown									
1= north line	2= boulder	3= hard paved area	4= woodland fight	5= post	6= depression	7= pit	8= pond	9= out of bounds area	10= goal post

Pair 2. 10 items have changed colour									
1= undergrowth (blue)	2= bench (orange)	3= building (blue)	4= tree (purple)	5= open land (white)	6= building (orange)	7= bush or Small Tree (blue)	8= forest fight (purple)	9= post (brown)	10= crag (purple)

Pair 3. 10 items have appeared									
1= single large tree	2= high wall	3= bench	4= gate	5= steps	6= canopy	7= high Wall	8= bush or small tree	9= small depression	10= form line

Pair 4. 10 items have shrunk									
1= bench	2= single large tree	3= fence	4= text (bridge)	5= open land (around small tree)	6= sign	7= steps	8= out of bounds area	9= building	10= path

Pair 5. 10 items have disappeared									
1= high fence	2= form line	3= building	4= canopy	5= bush or small tree	6= forest run	7= single large tree	8= gate	9= kerb	10= passable wall

Pair 6. 10 items have rotated									
1= canopy	2= fence	3= hedge	4= building	5= bench	6= north line	7= hard paved area	8= Line of trees	9= high fence	10= soft paved area

Pair 7. 10 Items have grown									
1= undergrowth	2= small gulley	3= knoll	4= marsh	5= contour line	6= stream	7= forest run	8= large depression	9= woodland walk	10= Less distinct small path

Pair 8. 10 items have changed colour									
1= contour (green)	2= woodland walk (claret)	3= play equipment (purple)	4= stream (black)	5= out of bounds area (black)	6= soft paved area (brown)	7= bush (blue)	8= post (purple)	9= building (green)	10= bush (brown)

Pair 9. 10 items have appeared									
1= dense vegetation	2= prominent vegetation feature	3= single large tree	4= footpath	5= marsh	6= minor water channel	7= small knoll	8= small gulley	9= undergrowth	10= crag

Pair 10. 10 items have shrunk									
1= building	2= single large tree	3= special man made feature (x)	4= vegetation dense	5= fence	6= Flower bed	7= stream	8= Form line	9= gate	10= road

Pair 11. 10 items have disappeared									
1= stream	2= fence	3= bench	4= cliff	5= single large tree	6= Dense vegetation	7= footpath	8= woodland slow run	9= play equipment	10= Distinct vegetation boundary

Pair 12. 10 items have rotated									
1= fence	2= arrow head	3= 3 small trees	4= form line	5= out of bounds area (green)	6= canopy	7= hedge	8= soft paved area	9= goal post	10= text (conservation area)