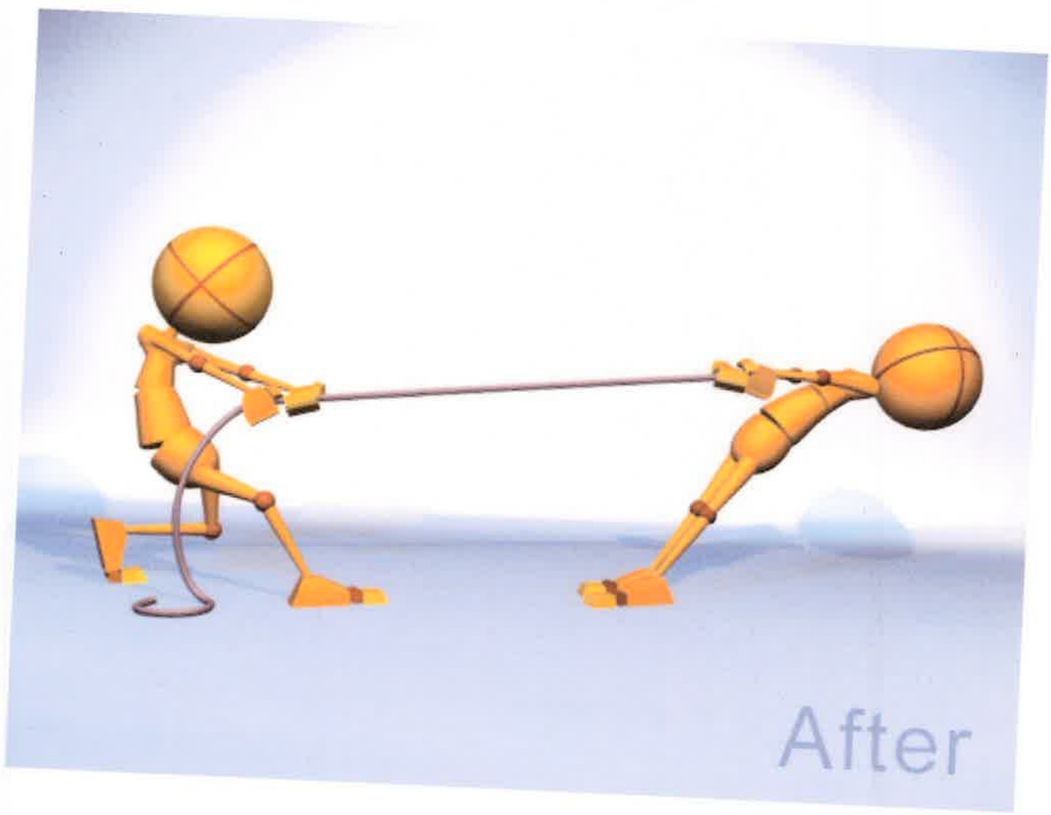
TUG OF WAR!



NOTES:

- **Hold on to the rope with both hands and pull when whistle is blown.**
- **Try to get the flag on the rope to cross over your team's line.**

RELAY RACE COMPETITION!

NOTES:

- **Make sure you have quick hands and eyes so you can be ready for the hand off.**
- **Think about how you want to line your team up for the relay race. (Who's first? Last?)**

GET ALL OF YOUR TEAM INTO THE HOOP WITHOUT KNOCKING IT OVER!

NOTES:

- **Try to get all of your team inside the hoop without knocking it over.**
- **Patience is important.**

GET ALL OF YOUR TEAM OUT OF THE HOOP WITHOUT KNOCKING IT OVER!

NOTES:

- **Start with all your team inside the cone and try to get outside the cone without knocking it over.**
- **Patience is important.**

TOSS OBJECTS WITH YOUR TEAM WITHOUT DROPPING ANYTHING!

NOTES:

- **Use the learning cues for throwing and catching to help you be successful.**
- **Toss the object with your group members and gradually add an object to your group to make more challenging.**
- **See if your group can toss the most objects at a single time.**

HOLD THE PLANK POSITION FOR AS LONG AS YOU CAN!

NOTES:

- **Hold the plank position by using your forearms and feet to keep your body off the ground.**
- **Keep back straight, don't arch!**
- **Remember to breathe, don't hold breath!**

PUT PUZZLE TOGETHER BEFORE THE OTHER TEAMS!

NOTES:

- **Compete in relay to get puzzle pieces and be the first team to put puzzle together correctly.**
- **Think of strategies.**

GET GOLFBALL FROM ONE POINT TO ANOTHER USING PIPES TO KEEP IT FROM FALLING!

NOTES:

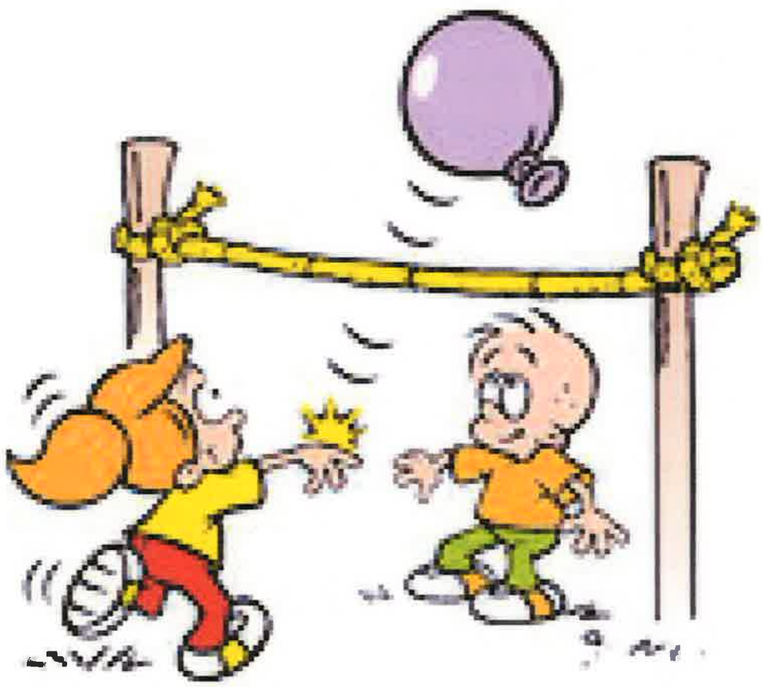
- **Keep golf ball from hitting ground by using pipes to feed the ball from starting point to ending point.**
- **Must use teamwork and patience to achieve success during this challenge.**

BALANCE ON ONE FOOT WHILE HOLDING AN OBJECT IN YOUR HANDS WITHOUT DROPPING IT!

NOTES:

- **Balance on one foot and hold a sponge ball in each one of your hands without dropping it.**

VOLLEY BALLOON WITH YOUR TEAM WITHOUT DROPPING IT!



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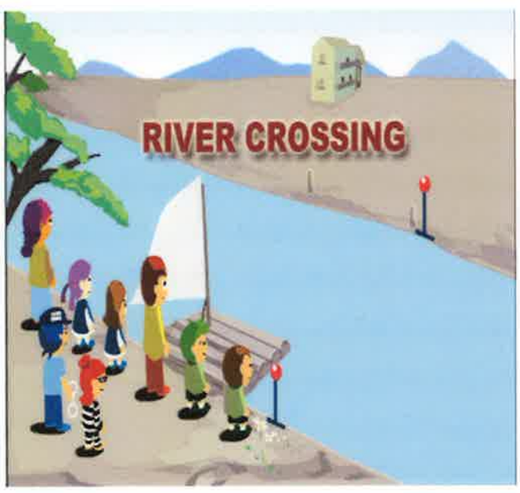
NOTES:

- **Use the learning cues for volleying to keep the balloon from hitting the ground.**
- **Balloon must come in contact with all team members.**

MAKE IT FROM ONE POINT TO THE NEXT WITHOUT TOUCHING THE FLOOR!



NOTES:

- **Make it from one point to the next using only the equipment given.**
- **Equipment could be exercise mats, poly spots, or scooters.**
- **Think about possible strategies that could help your team.**

BLIND FOLD TEAM CHALLENGE

NOTES:

- **Listen to your teammates to help guide you to pick up your team's items and return them to your basket.**