

# CHALLENGE CARDS

## 1. Tank Tracks

### EQUIPMENT PROVIDED

2 gymnastics mats

### STARTING POSITION

Group stand on one mat at the starting line, with the other above their heads.

### OUR CHALLENGE

The task is to move across the area indicated without any member of the team touching the ground.

### RULES

- No team member can touch the ground.
- If a team member touched the ground the team must return to the start and begin again.

## 2. The Diminishing Load Problem

### STARTING POSITION

All members of the group stand at one end of a field / open space.

### OUR CHALLENGE

The task is to move all of the team across the space as quickly as possible.

### RULES

- To cross the open area a person must be carried.
- The carrier must return and be carried him/ herself.
- The only person allowed to walk/ run across the open area is the last person.
- If the carried person touches the ground while being transported, both members must return to the start.
- The number of people being carried and carrying can vary with the strength and/ or imagination of the group i.e., one-to-one is not the only way.

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