

CHALLENGE CARDS

3. Hula Hoop Pass

EQUIPMENT

One large hula hoop.

STARTING POSITION

The group (15 to 30 people), stand in a circle with their hands joined. The hoop is between two people on their grasped hands.

OUR CHALLENGE

The task is to pass the hoop around the circle as quickly as possible without the circle being broken.

RULES

- The circle cannot be broken
- The hoop should start and finish with the same two people.

4. The TP Shuffle

EQUIPMENT

10m telephone pole

STARTING POSITION

The team is divided into two groups line up/ balance on opposite ends of the TP so that the two groups are facing one another in single file.

OUR CHALLENGE

The two groups have to exchange ends.

RULES

- No member of the team may touch the ground.
- The task is timed and a 15 second penalty is assigned for every touch of the ground.
- This activity should be repeated more than once.
Can our team beat the first attempt ?

WHITE (W)