

CHALLENGE CARDS

3. Hula Hoop Walk

EQUIPMENT

Two hula hoops.

STARTING POSITION

The team of six people divide themselves into pairs. The pair at the centre stand with their left leg inside one hula hoop and their right leg inside a second hula hoop. The other pairs then connect to the opposite sides of the hula hoops. The teacher then raises both hoops to knee height. The team puts appropriate tension on the hoops to hold them above the ground.

OUR CHALLENGE

The task is for the team to walk across the assigned space without dropping either hoop.

RULES

- The leg is the only part of the body which can keep the hoop in place.
- If the hoop drops to the ground, the team must return to the starting line and start over.

4. Bridge Over Raging Water

EQUIPMENT

4 tyres.
2 lengths of sash cord.
2 planks (2.44m x 100mm x 50mm)

STARTING POSITION

All group members start at one end of the river with their equipment.

OUR CHALLENGE

The task is completed when all group members have crossed the river without touching the floor. All equipment must be brought to the end by the group.

RULES

- Group members may not touch the river (floor).
- Group members may not stand on a board if either end of it is in the river.
- If a rule is broke, the group must return to starting position with all the equipment and start again.

Safety issue - beware of getting fingers caught under the planks of wood.

YELLOW (Y)