

CHALLENGE CARDS

5. Teamwork Walk

EQUIPMENT

2 planks of wood with a rope attached to each end.

STARTING POSITION

The planks of wood are placed side by side. The team members place one foot on each plank and the persons at the front and back hold a rope in each hand.

OUR CHALLENGE

The task is completed when the team have completed the course without anyone touching the floor, a wall, or any other object with any part of their bodies.

RULES

- All group members must have their feet on the planks.
- No one may touch the floor, wall or any other object.
- Group members must travel the designated path from start to finish.
- If any of the rules are broken, the group must start over.

6. Jumping Machine

EQUIPMENT

Tug-o-war rope. Heavy rope.

STARTING POSITION

All team members stand next to the tug-o-war rope as it lies on the floor.

OUR CHALLENGE

The challenge is for the team to complete 10 consecutive jumps without a miss.
All jumpers must jump at the same time.

RULES

- There may be only one group member at each end of the rope. All others must jump.
- The 10 jumps must be consecutive. If there is a miss, the task begins again.
- The rope must be turned so that it goes over the heads and below the feet of group members.
- Counting does not begin until all jumpers are jumping.

YELLOW (Y)