

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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