

# 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)