**Berkshire Active Virtual Games 2021**

**25th January – 12th February**

# Challenge 1 – Snowboarding Jumps

Challenges

<https://getberkshireactive.org/uploads/winter-olympics-the-challenges.pdf>

Scoresheet

<https://getberkshireactive.org/uploads/paper-copy-14.pdf?v=1611058791>

EQUIPMENT

A line, rope,or rolled up towel as your board.

TO PLAY

Stand facing the board. Complete a Frontside 180 Jump to the other side of the board (jumping around 180 degrees to face the other way) then crouch down & grab the board (touch the floor with both hands). Repeat.

TOP TIP

Bend your knees into a squat position.

SCORING

Complete as many jumps as possible in 60 seconds. You score 1 point per jump.

INSTRUCTION VIDEO

<https://www.youtube.com/watch?v=wfIy1MXZ7Cs&feature=youtu.be>