

THE CHALLENGES

Click on the challenge titles to watch the sport in action!

SNOWBOARDING JUMPS

CHALLENGE VIDEO

CLICK HERE TO OPEN IN YOUTUBE



EQUIPMENT

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



TOP TIP: Bend your knees into a squat position.

SET UP



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.

SCORING

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



BIATHLON

CHALLENGE VIDEO

CLICK HERE TO OPEN IN YOUTUBE



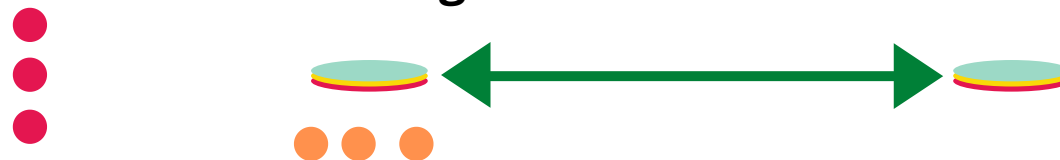
EQUIPMENT

3 tall cones/plastic bottles as your **targets** ●
2 markers ●
3 bean bags, small balls or rolled up socks ●

TOP TIP: Control your body: stop, take time to steady yourself and aim before throwing.

SET UP

Set up your 3 **targets** next to each other, then place 1 marker 3 steps away, Place another marker, 3 further steps away. Place the 3 bean bags at the marker nearest the **targets**.



TO PLAY

Start at the marker with the bean bags, run 4 shuttles between the 2 markers. Stop & **shoot** (throw) the 3 balls one at a time at the 3 **targets** aiming to knock them over. Replace the **targets** and collect the balls placing them back at the cone. Repeat.

SCORING

You have 60 seconds to get as many points as possible. You get 1 point for every **target** you knock over.



ICE HOCKEY DRIBBLE

CHALLENGE VIDEO

CLICK HERE TO OPEN IN YOUTUBE



EQUIPMENT

1 **hockey stick**/broom/pole
1 **puck**/small ball
2 markers

TOP TIP: Keep control of the 'puck' by keeping it close to the stick.

SET UP

Set up 2 markers, 3 steps apart.



TO PLAY

Using the **hockey stick** dribbling the puck up and around the cones continuously. Focus on your '**puck**' handling, .

SCORING

Complete as many circuits as possible in 60 seconds. 1 point for every cone you dribble around.

