Berkshire Active Virtual Games 2021 Be Incredible

Challenge 2 - Elastiswitch (agility & balance)

Teacher Guidance link

[https://getberkshireactive.org/uploads/be-incredible-the-challenges-(1).pdf](https://getberkshireactive.org/uploads/be-incredible-the-challenges-%281%29.pdf)

Score sheet

<https://getberkshireactive.org/uploads/paper-scoresheet-7.pdf?v=1612454535>

EQUIPMENT

3 markers or tins 2 beanbags or 2 pairs of socks or 2 small teddies

TO PLAY

Place a beanbag on top of 2 of the markers. Standing in the middle of the triangle, stretch to move a beanbag to the empty marker.Then move the next beanbag to the next empty marker. Repeat.

TOP TIP

Stretch out as far as possible.

SCORING

You score 1 point for every beanbag you move. You have 60 seconds to score as many points as you can.

INSTRUCTION VIDEO

<https://www.youtube.com/watch?v=1G0MJ7EqOAA&list=PLHjfgYEoCy9W9EPBUXCIsRBjL-Dj7FaLE&index=5>