Berkshire Active Virtual Games 2021 Martial Arts

Challenge 3 – Core Twists

Teacher Guidance link

<https://getberkshireactive.org/uploads/martial-arts-the-challenges.pdf>

Score sheet

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

EQUIPMENT

1 stopwatch 1 medium sized ball or plastic bottle

TO PLAY

Sitting with your feet on the ground and holding the ball in both hands, twist to place the ball & touch the ground to one side alternating between the left side and right side of your body.

TOP TIP

Keep your back straight

SCORING

You score point for every time the ball touches the ground. You have 60 seconds to make as many touches as you can.

INSTRUCTION VIDEO

<https://www.youtube.com/watch?v=D7olevkyPzc&list=PLHjfgYEoCy9W9EPBUXCIsRBjL-Dj7FaLE&index=3>