Berkshire Active Virtual Games 2021 Martial Arts

Challenge 1 – Side Kicks

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

TO PLAY

Find a space away from objects within 1m around you. Standing in a wide stance, execute side (twist) kicks, alternating left and right legs. Aim to kick at waist height.

TOP TIP

Balance & take your time with each kick.

SCORING

You score 1 point for every side kick you do. You have 60 seconds to make as many kicks as you can.

INSTRUCTION VIDEO

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