

## Event 1 – Sit down/Stand up

YOU NEED A CHAIR.

YOU NEED A STOP WATCH.

COUNT HOW MANY TIMES YOU CAN SIT DOWN THEN STAND UP IN ONE MINUTE.



YOU CAN DO THIS IF YOU HAVE STRONG LEGS.

## Event 2 – Book Balance

### BOOK BALANCING

be careful

be careful



1 - HOW FAR CAN YOU WALK WITHOUT THE BOOK FALLING OFF YOUR HEAD?

STAY HOME



(how many laps of the garden/ living room in one minute)

### Event 3 – The Plank



### Event 4 – Washing Line Challenge



(How many items can you hang on the washing line properly in one minute.)

## Event 5 – Blindfold Balance Challenge

### BALANCE CHALLENGE

GET A BLIND FOLD,  
CHOOSE YOUR STRONGEST LEG,  
HOW LONG CAN YOU BALANCE ON ONE LEG BLINDFOLDED?



## Event 6 – Not Quite Egg and Spoon



Not quite an egg &  
spoon race

Ask your adult what  
you can use. It  
could be an apple,  
potato or anything  
else round.



How many laps of your  
garden or living room  
can you do in a  
minute without  
dropping your egg?



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