

Summer Camp Challenges

Record Sheet



3. Agility run/push (coordination/balance/speed)

Equipment – 3 cones (tins of beans, chalked markers, other marker)

Place cones 1 meter apart (wider if needed for wheelchair user)

Record your fastest time for running/pushing in and out of all the cones and back to your start.

Want to make it easier?

- Less cones.

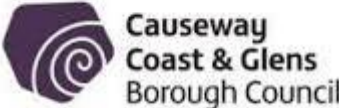
Want to make it harder?

- More cones to increase distance
- Hop (if able)
- Run/Push Backwards.
- Dribble a Ball (with feet or hands).

Put Picture of you doing challenge here

Number of Cones	Running/pushing Forward Time	Hopping Time	Running Backward Time	Dribbling Ball Feet Time	Dribbling Ball Hand Time

Summer Camp Challenges
Record Sheet



5. Wellie Toss (Strength)

Equipment – Wellie (or similar but not your mothers best boot!)

Measuring tape (you can measure how many steps)

Record how far you can throw the wellie.

Want to make it easier?

- Use lighter object to throw.

Want to make it harder?

- Use heavier object (fill sock with sand or soil, make sure it is an old sock!)

Object Thrown	Distance Thrown

Put Picture of you doing challenge here

Put Picture of your Winning pose after you complete all 5 challenges.

Well Done!