

# ASD-N VIRTUAL OLYMPICS DAY 8

## EVENT #1

HIT THE TARGET - CREATE 3 TARGET PYLONS (PLASTIC CUPS) 1 METER APART AND 3 METERS FROM THE THROWING LINE. YOU WILL THEN SET UP 3 MORE TARGETS 5 METERS FROM THE THROWING LINE. FINALLY YOU WILL SET UP 3 TARGETS 1 METER APART 7 METERS FROM THE THROWING LINE. YOU WILL HAVE 3 BALLS AND YOU CAN THROW AT ANY OF THE 9 TARGETS TRYING TO KNOCK THEM OVER. ONCE YOU HAVE THROWN THE 3 BALLS QUICKLY RETRIEVE THEM, RETURN TO THE THROWING LINE AND CONTINUE UNTIL 1 MINUTE IS UP. GIVE YOURSELF 1 POINT FOR ANY OF THE CUPS THAT YOU KNOCK OVER IN ONE MINUTE. KEEP TRACK OF YOUR SCORE AND RECORD IT AT THE END OF THE 1 MINUTE.

## EVENT #2

CRABWALK BOTTLE FLIP CHALLENGE - PLACE A PLASTIC WATER BOTTLE WITH APPROXIMATELY 10 CM OF WATER IN IT ON ONE SIDE OF YOU A METER AWAY. PLACE A PLASTIC CUP ON THE OTHER SIDE OF YOU 1 METER AWAY. IN A CRAB WALK POSITION START IN THE MIDDLE BETWEEN THE TWO OBJECTS. FIRST GO TO THE WATER BOTTLE AND FLIP IT TRYING TO GET IT TO STAND RIGHT SIDE UP. ONCE YOU HAVE FLIPPED IT QUICKLY CRAB WALK TO THE CUP TURN IT UPSIDE DOWN AND MAKE YOUR WAY BACK TO THE WATER BOTTLE FOR ANOTHER FLIP. CONTINUE THIS FOR 1 MINUTE. GIVE YOURSELF 1 POINT FOR EVERY TIME THAT YOU FLIP THE WATER BOTTLE RIGHT SIDE UP. DON'T FORGET TO RECORD YOUR SCORE.

## EVENT #3

KOLAP - CREATE TWO TARGETS BY PLACING NORMAL SIZED TOWELS ON THE GROUND WITH 1 TOWEL 1 METER FURTHER THAN THE OTHER FROM THE THROWING LINE. START AT THE THROWING LINE WITH 3 BALLS AND BEGIN BY THROWING THEM AT THE TARGETS. THE GOAL IS TO LAND THE BALL ON 1 THE TARGETS. ONCE YOU HAVE THROWN ALL 3 BALLS QUICKLY RETRIEVE THEM AND RETURN TO THE THROWING LINE AND CONTINUE TO THROW UNTIL 1 MINUTE IS UP. YOU WILL GET 1 POINT FOR EVERY BALL THAT LANDS ON THE CLOSEST TARGET AND 3 POINTS FOR ANY THAT LAND ON THE TARGET WHICH IS FURTHER AWAY. THE BALL MUST REMAIN ON THE TOWEL TO COUNT. KEEP TRACK OF YOUR SCORE AND RECORD IT ONCE THE 1 MINUTE IS COMPLETED.