

ASD-N VIRTUAL OLYMPICS DAY 10

EVENT #1

WEME - PLACE 3 BALLS INSIDE A CIRCLE AREA THAT IS APPROXIMATELY 1 METER IN DIAMETER. SPREAD THE BALLS OUT, THEY SHOULD NOT BE TOUCHING INSIDE THE CIRCLE. START AT THE THROWING LINE WITH 1 BALL. ROLL YOUR BALL ON THE GROUND TRYING TO HIT THE BALLS OUT OF THE CIRCLE. QUICKLY RETRIEVE YOUR BALL AFTER ROLLING IT AND RETURN TO THE START LINE. CONTINUE TO ROLL AND RETRIEVE YOUR BALL UNTIL ALL 3 BALLS HAVE BEEN KNOCKED OUT OF THE CIRCLE. RECORD THE TIME THAT IT TAKES YOU TO COMPLETE THIS TASK.

LEVEL 1 - 5 FEET

LEVEL 2 - 10 FEET

LEVEL 3 - 15 FEET

EVENT #2

CUP CATCH CHALLENGE - PLACE A BALLEDED UP PIECE OF PAPER INTO A PLASTIC CUP. TOSS THE PAPER BALL OUT OF THE CUP AND THEN ATTEMPT TO CATCH IT USING THE CUP. TOSS AND CATCH AS MANY TIMES AS YOU CAN IN 1 MINUTE. GIVE YOURSELF 1 POINT FOR EVERY TIME YOU CATCH THE PAPER BALL. IF THE BALL LANDS ON THE FLOOR SIMPLY PICK IT UP, PLACE IT BACK IN THE CUP AND CONTINUE ON. DON'T FORGET TO RECORD YOUR SCORE!

EVENT #3

WATER BOTTLE TRAP - USE A WATER BOTTLE TO PROP UP A LAUNDRY HAMPER AT ONE END. ROLL YOUR BALL FROM THE START LINE TRYING TO HIT THE WATER BOTTLE. RUN AND RETRIEVE YOUR BALL AND RESET THE WATER BOTTLE UNDER THE BASKET IF YOU WERE SUCCESSFUL IN HITTING IT. CONTINUE FOR ONE MINUTE. YOU WILL SCORE ONE POINT EVERYTIME YOU HIT THE BOTTLE AND YOUR BALL GETS CAUGHT UNDER THE HAMPER. YOU WILL SCORE TWO POINTS EVERYTIME YOU HIT THE WATER BOTTLE AND ONLY THE WATER BOTTLE GETS TRAPPED. YOU WILL SCORE THREE POINTS IF YOU KNOCK DOWN THE LAUNDRY HAMPER AND TRAP BOTH THE BALL AND THE WATER BOTTLE. YOU GET ZERO POINTS IF YOU MISS THE BOTTLE OR IF YOU HIT THE BOTTLE BUT NEITHER ARE TRAPPED UNDER THE HAMPER.

LEVEL 1 - 5 FEET
LEVEL 2 - 10 FEET
LEVEL 3 - 15 FEET