

# ASD-N VIRTUAL OLYMPICS DAY 5

## EVENT #1

**AEROBIC BOWLING** - SET UP A BUCKET (EASILY KNOCKED OVER) IN A SAFE FLAT AREA GOOD FOR ROLLING A BASKET OR SOCCER SIZED BALL, ONLY NEED 1. MARK OFF YOUR SHOOTING LINES ACCORDING TO THE LEVEL OF CHALLENGE CHOSEN BY YOUR PARTICIPANTS. NEED AT LEAST ONE PARTNER TO PLAY, HOWEVER, WORKS BETTER WITH 3 PEOPLE. WHEN EACH ROLLING SHOT IS MADE, THE NEXT SHOOTER IS WAITING UP BY THE BUCKET PIN TO RETRIEVE THE BALL. ONCE A SHOT IS TAKEN, THE SHOOTER RUNS UP TO THE BUCKET/PIN TO AWAIT THE NEXT PARTICIPANT SHOT, RETRIEVES THE BALL AND HEADS BACK DOWN FOR THEIR NEXT SHOT. KEEP CYCLING THROUGH AT A JOGGING PACE UNTIL EACH PARTICIPANT TAKES 10 SHOTS. RECORD THE NUMBER OF STRIKES/HITS YOU MAKE OUT OF 10.

1 - 10 FEET LEVEL 2 - 15 FEET LEVEL 3 - 20 FEET

## EVENT #2

**CLIMB THE LADDER** - PLACE A SOLO CUP ON THE FIRST RUNG OF A LADDER (HINT: PLACE A ROCK INSIDE IF WINDY CONDITIONS!) USING A BALL OR SOCK BALL THROW AND TRY TO KNOCK THE CUP OFF OF THE RUNG OF THE LADDER. RUN AND RETRIEVE YOUR BALL AND RETURN TO THE THROWING LINE AND CONTINUE TO THROW. WHEN YOU KNOCK THE CUP DOWN MOVE IT UP THE NEXT RUNG OF THE LADDER. YOU MUST MOVE THE CUP UP FIVE STEPS TO COMPLETE THE CHALLENGE. RECORD THE TIME IT TAKES YOU TO COMPLETE THE CHALLENGE.

LEVEL 1 - 5 FEET

LEVEL 2 - 10 FEET

LEVEL 3 - 15 FEET

## EVENT #3

**PLANK CHALLENGE** - PERFORM A PLANK (FOREARMS) FOR AS LONG AS YOU CAN. RECORD YOUR TIME.