

ASD-N VIRTUAL OLYMPICS DAY 6

EVENT #1

BULLSEYE - USING SIDEWALK CHALK, ROPES, HOOPS OR MARKERS CREATE A TARGET CONSISTING OF 3 CONCENTRIC CIRCLES WITH THE LARGEST CIRCLE BEING ABOUT 1 METER IN DIAMETER. YOU WILL NEED 3 BALLS TO THROW AT THE TARGET FROM THE THROWING LINE. YOU CAN PROJECT YOUR 3 BALLS AT THE TARGET BY ROLLING, UNDERHAND TOSSING OR USING AN OVERHAND TOSS. ONCE YOU HAVE TOSSED ALL THREE, QUICKLY RETRIEVE THE BALLS AND RETURN TO THE THROWING LINE AND CONTINUE ON FOR 1 MINUTE IN TOTAL. GIVE YOURSELF 1 POINT FOR ANY BALL IN THE OUTER ZONE, 2 POINTS FOR THE MIDDLE ZONE AND 3 POINTS FOR THE "BULLSEYE". ADD UP YOUR TOTAL NUMBER OF POINTS FOR THE MINUTE AND RECORD YOUR SCORE.

LEVEL 1 - 5 FEET

LEVEL 2 - 10 FEET

LEVEL 3 - 15 FEET

EVENT #2

BURPEE BONANZA - COMPLETE AS MANY BURPEES AS POSSIBLE FOR TIME. RECORD YOUR SCORE.

LEVEL 1 - 30 SECONDS

LEVEL 2 - 60 SECONDS

LEVEL 3 - 90 SECONDS

EVENT #3

CHAIR TOSS CHALLENGE - SET UP A CHAIR AS YOUR TARGET. UNDERHAND TOSS A SOCK BALL AT THE CHAIR TRYING TO GET IT TO STAY ON THE SEAT OF THE CHAIR. RUN AND GET YOUR BALL RETURN TO THE TOSSING LINE AND THROW AGAIN. CONTINUE FOR 1 MINUTE TRYING TO GET AS MANY AS POSSIBLE TO REMAIN ON THE CHAIR. GIVE YOURSELF 1 POINT FOR ANY BALL THAT REMAINS ON THE CHAIR IN THE 1 MINUTE. YOU ARE ONLY ALLOWED TO USE ONE BALL FOR THIS CHALLENGE.

LEVEL 1 - 5 FEET

LEVEL 2 - 10 FEET

LEVEL 3 - 15 FEET