Berkshire Active Virtual Games 2021 Be Incredible

Challenge 1- Dash Shuttle (agility & balance)

Teacher Guidance link

<https://getberkshireactive.org/uploads/be-incredible-the-challenges-(1).pdf>

Score sheet

<https://getberkshireactive.org/uploads/paper-scoresheet-7.pdf?v=1612454535>

EQUIPMENT

2 markers 1 medium sized ball; socks or teddy

TO PLAY

Starting at 1 cone carrying the ball in 2 hands, run to the other cone and score a ‘touchdown’ by touching the ball. on the floor Then run to the other cone and score another touchdown. Repeat.

TOP TIPS

Stretch forwards to score the touchdowns

Get a family member to count your touchdowns

SCORING

You score 1 point for every touchdown. You have 60 seconds to score as many points as you can.

INSTRUCTION VIDEO

<https://www.youtube.com/watch?v=_zl00ZKy-f8&list=PLHjfgYEoCy9W9EPBUXCIsRBjL-Dj7FaLE&index=4>