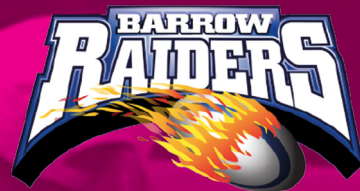


ADVANTAGE!

BARROW RAIDERS COMMUNITY FOUNDATION



CHALLENGE CARD 4

DEMONSTRATION VIDEOS: WWW.BARROWRFC.COM/ADVANTAGE-CHALLENGE-CARD-4-DEMONSTRATION-VIDEOS

NUMBER	NAME	INSTRUCTIONS	BRONZE	SILVER	GOLD	PLATINUM	DIAMOND
16	Super Solo Snatcher	60 second timer • Catch one handed – left or right. • How many can you do without dropping?	10	20	30	40	60+
17	Jazzy Juggler	30 second timer • Using two pairs of socks or tennis/small balls, juggling challenge. Throw one ball up and as you are about to catch it, throw the other up. • How many can you do in the time?	3	5	10	15	20
18	Cool Coordinator	30 second timer • Stand one big stride away from a wall. Using one tennis/bouncy ball/soft sponge ball. Throw the ball underarm against the wall with your right hand and catch with your left. Then throw with the left hand and catch with the right. Keep going until the timer ends. • How many successful catches can you do?	5	10	12	15	20
19	Ball Bouncing Bonanza	60 second timer • Bounce the ball on the floor and catch, like a basketball dribble, but a small or large ball will be ok. • How many bounces can you complete in the time?	15	20	30	45	60
20 – Partner Challenge	Fearless Fielding Stalwart	60 second timer • Using a small or large ball or some socks, a parent/carer or sibling rolls the ball along the floor to you. You have to get your body down, sideways on (e.g. long barrier method in cricket) and stop the ball before it rolls past. • How many stops can you make in the time?	5	8	12	17	25

Record your scores in the table below and tell your teacher or email your results directly to Barrow Raiders Community Foundation to receive a certificate. If you complete all six Challenge cards, you will receive free tickets to home games for two family members (children go free).

Contact the Community Manager Siona Hartley at: sionahartley@outlook.com

CHALLENGE CARD 4 - RESULTS

NAME:	SCHOOL:	AGE:	RESULTS (HOW MANY?)	BRONZE/SILVER/GOLD/PLATINUM/DIAMOND
Challenge No. 16	Super Solo Snatcher			
Challenge No. 17	Jazzy Juggle			
Challenge No. 18	Cool Coordinator			
Challenge No. 19	Ball Bouncing Bonanza			
Challenge No. 20	Fearless Fielding Stalwart			

