



CHALLENGE CARD 5

DEMONSTRATION VIDEOS: WWW.BARROWRLFC.COM/ADVANTAGE-CHALLENGE-CARD-5-DEMONSTRATION-VIDEOS

NUMBER	NAME	INSTRUCTIONS	BRONZE	SILVER	GOLD	PLATINUM	DIAMOND
21	Ladder Laureate	30 second timer • Use four long socks to create a row, like rungs of a ladder, about a foot length apart. Start at one end and run through, with both feet contacting in each space. Turn and run back. That counts as 'one'. • How many can you do in the time?	4	8	10	12	15
22	Super Speed Bouncer	30 second timer • Place one sock down on the floor. Stand one side of the sock with your feet together. When the timer goes, jump either side of the sock, keeping your feet close together. Rebound side to side and keep going until the timer stops. • How many can you do?	5	10	15	20	30
23	Snatcher Catcher	30 second timer • Hold a ball or socks with both hands. As you squat down, extend your arms out and release the ball and catch it immediately, bring the ball into your chest and then stand up. Repeat until you have completed as many squat catches as you can in the time.	10	15	20	25	30
24	Dizzy Dynamos	60 second timer • Turn your back on your space, and hold the ball/socks in your hands. When the timer starts, throw the socks gently over your right shoulder and you need to turn quickly and catch the socks, without falling over, before they hit the floor. Get back into position and repeat, but this time, throw over your left shoulder. Repeat. • How many catches can you do?	5	8	10	12	20
25 – Partner Challenge	Quick Reaction Responder	60 second timer Ask your parent/carer/sibling to stand two strides away from you with the socks/ball in their hand. You should have your back turned on them. They are going to throw the ball to you underarm, but shout 'turn' first before they throw the ball/socks. You have to turn quickly and catch the socks before they hit the ground. How many can you catch?	3	6	9	15	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 5 - RESULTS

NAME:	SCHOOL:	AGE:	RESULTS (HOW MANY?)	BRONZE/SILVER/GOLD/PLATINUM/DIAMOND
Challenge No. 21	Ladder Laureate			
Challenge No. 22	Super Speed Bouncer			
Challenge No. 23	Snatcher Catcher			
Challenge No. 24	Dizzy Dynamos			
Challenge No. 25	Quick Reaction Responder			

