

# ADVANTAGE!

BARROW RAIDERS COMMUNITY FOUNDATION



## CHALLENGE CARD 6

DEMONSTRATION VIDEOS: [WWW.BARROWRLFC.COM/ADVANTAGE-CHALLENGE-CARD-6-DEMONSTRATION-VIDEOS](http://WWW.BARROWRLFC.COM/ADVANTAGE-CHALLENGE-CARD-6-DEMONSTRATION-VIDEOS)

NUMBER	NAME	INSTRUCTIONS	BRONZE	SILVER	GOLD	PLATINUM	DIAMOND
26	Ruthless Retriever	<b>60 second timer</b> • Using a ball or socks, place a target 3 strides away. Run towards the target, place your ball/socks next to the target and return to the start. Then turn and go back to collect the ball/socks and back to the start again. That counts as 'one'. Repeat until the timer ends.	5	7	10	12	20
27	All Under Control	<b>As many as you can</b> • Take rolled up pair of socks. Place the palms of your hands facing up towards the ceiling and place the socks in one of your hands. Bounce the socks up and trying to keep them bouncing off the palm of your hands. • How many can you do before you lose control?	3	5	10	20	40+
28	Cross Over Crunches	<b>30 second timer</b> Get in a V-sit position. Take a pair of socks and pass them under one leg. Swap legs and pass them under the other. Keep going, switching your legs up and down and passing the socks underneath. How many can you do in the time?	5	10	12	15	25
29	Crazy Clap Catch	<b>1/2/3/4 or 5+ ?</b> • Take a ball or pair of socks. Ensure you are in a space with enough room to throw the socks/ball up in the air. You are aiming to clap your hands and catch the ball/socks. • How many can you do, safely?	1	2	3	4	5+
30 – Partner Challenge	Synchronized Sock Passing Supremo	<b>60 second timer</b> • Stand two strides away from your parent/carer/sibling or friend. Hold a pair of rolled up socks each. As you throw your socks underarm to your partner, they throw their socks underarm to you. Catch the socks and then throw again. You need to work together to be successful. • How many catches can you both do in the time?	5	10	15	20	40

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:  
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## CHALLENGE CARD 6 - RESULTS

NAME:		RESULTS (HOW MANY?)	BRONZE/SILVER/GOLD/ PLATINUM/DIAMOND
SCHOOL:			
AGE:			
Challenge No. 26	Ruthless Retriever		
Challenge No. 27	All Under Control		
Challenge No. 28	Cross Over Crunches		
Challenge No. 29	Crazy Clap Catch		
Challenge No. 30	Synchronized Sock Passing Supremo		

