



Balance: Wheelbarrows

Equipment:

Marker cone x2.

Set-up:

One marker cone at one end and the other marker cone at the other end of the available space.

Description:

The goal of this activity is to get as far down the floor and back without stopping. This requires upper body strength, and balance amongst other aspects of fitness.

Instructions:

One of the students lays face down on the floor with the other standing at the feet of the first student. The student standing picks the other students feet up from the floor as the lying student props their body up with their arms. Using the student's arms as legs they try to get down to the marker at the other end of the floor and then return to the start.

Scoring:

A score of 3 would be awarded if both students complete the course. Score 4 if one student makes it to the end. Score 5 if both fail to complete course.

