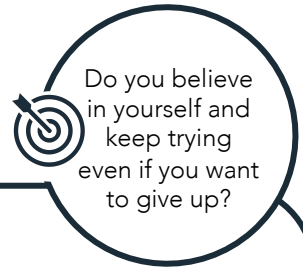




Zig-Zag Relay 60 Second Challenge



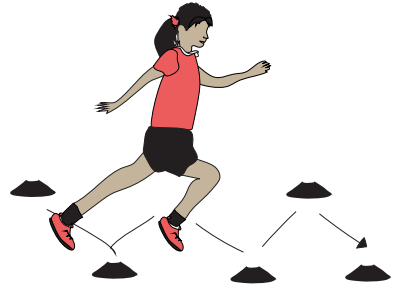
Do you believe in yourself and keep trying even if you want to give up?

How many zig-zag circuits can you complete in 60 seconds?

Choose a place to start and layout five objects in a zig-zag shape.



On the command, 'go' run and touch the five objects and then run back to the start. Each time you return to the start you score a point.



Use objects to mark out your zig-zag course!

Use teddies, toys or socks as markers.

Challenge yourself!

Place the objects further apart.

Stop the clock, it's a race!

Compete against other family members. The first person to achieve gold is the winner.

Achieve Gold

15 points



Achieve Silver

10 points



Achieve Bronze

5 points

