

Personal Best & School Participation Competition.

Slalom Run

Challenge 1: Slalom Run 😊

- How quickly can you put 5 pairs of rolled up socks into a bucket? You must slalom in and out of 3 objects. Good luck.

Challenge 2: Slalom Balance 😊

- How quickly can you put 5 pairs of rolled up socks into a bucket but this time with the socks balanced on your head? Can you slalom in and out of 3 objects. Try your best not drop the socks, good luck everyone.

I hope you enjoy the challenges this week 😊 Remember to do these challenges as many times as you can during the week to try and beat your personal best score and to stay active.

Challenge yourself further: Make the slalom course bigger or even try traveling in different ways.

Benefits of this challenge: Speed, agility, balance and body control.

Equipment: 5 pairs of rolled up socks, 3 objects to slalom through and something to place your socks in.

Safety: Please remember to play this game with enough space. Play this game bare foot or with trainers. Do not just wear socks as you need good grip to slalom through the objects

Send in your videos via DB primary if you have permission (**Cuckoo and Woodpecker Academies Only**).

Please use the link below to add your scores so your school can earn 1 point towards their weekly total.

- **Link to upload you score:**
<https://forms.office.com/Pages/ResponsePage.aspx?id=8s7OUK5HRkuSEBxYcxuvSA6t29JoTZ9ErrFP1cUScd5UOVZETk1RVloyMzBZVTM5VzJaSjFVSVdYVY4u>
- **You can find previous weeks' challenges to try again and you can also find many other ways to help support you to stay active on this website:**
[Staying active | CHAT Academies \(cuckoohallacademy.org.uk\)](https://www.cuckoohallacademy.org.uk)

Sporting spirit values: Remember to show the sporting spirit values when completing these challenges.

Passion / Teamwork / Self-belief / Respect / Honesty / Determination