

Outdoor Adventurous Activities (OAA)

#SlalomChallenge

Achieve the challenge

The aim of the game is to place the objects correctly whilst moving as quickly as possible.

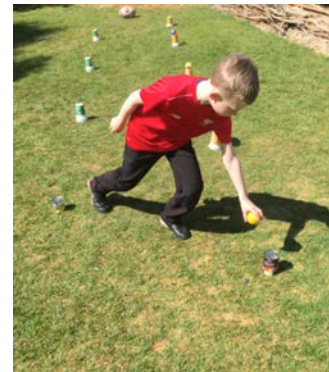
Learning about Orienteering

- This exercise is very useful for orienteering when you have to control lots of things with your hands at the same time, whilst running.
- Watch the short You Tube video about orienteering in [this link](#).
- Write down what pieces of equipment you see the competitors use in the video. Answers on next page – no peeking!

How to play: Part 1 [\[link to video – read the worksheet first\]](#)

1. Set up the course as shown on the diagram on the next page.
2. Stand on the start line. Start the clock (if timing).
3. Moving as quickly as possible, move each ball from one side to the other (right to left) using your right hand only.
4. Turn around at the end marker and repeat on the way back.
5. Cross the Start/Finish line. Stop the clock.

Was this more or less difficult than you thought?
Make sure you place the object so that it does not move.
Try not to overrun the object holders.



WARRINGTON
SCHOOL
GAMES

Equipment - Make sure you ask permission!!

Essential

- Access to internet (for videos)
- Space big enough for the game
- 9 object holders (ankle height)
- 4 hand sized objects (tennis ball etc)
- 1 turn-around marker
- Start (and finish) line or marker

Optional

- Device to record time
- Another person (time keeper or competitor)

Spirit of The Games



Determination:

Did you find it easier to move the ball in one direction than another?
Practice makes perfect!

How to play: Part 2 – left hand

- Have another go but this time place the objects on the left side to begin with and move the objects back to the other side (left to right) using your left hand.

Note: This will not use the first object holder but you will use the end holder that was spare in Part 1.

Q: Was this more difficult? Repeat using your right hand with objects on same side.

How to play: Part 3 – both hands

- Return the objects to the object holders on the right hand side of the course.
- This time when you pick the objects up with your right hand, swap them to your left hand before placing them down on the other side.

Q: Was this more or less difficult? Was it quicker? Can you improve your time?

Q: How could you move more efficiently between the object holders?

Are you leaning over too much? Can you bend your knees more? Are you braking/accelerating off the outside foot? Try side-stepping.

Tip: Make it more challenging by increasing the distance between the holders.

One player version:

- Place a timing device on the start/finish line to time yourself.
- If you have less space or indoors, try setting the course in a square so you have to move in a square or circle. If indoors could you use a rug or a table?

Two or more players:

- Take it in turns and compare times OR
- If enough space, set up another course alongside and race at the same time.

Answers: Map
Control Card OR Electronic Digger
Compass
Control Marker (Flag)
Electronic Control OR Control Punch

#StayInWorkOut

Course Set Up:

