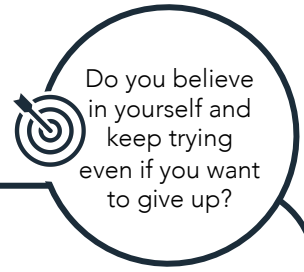


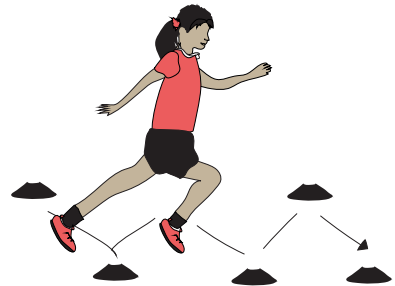


Zig-Zag Relay 60 Second Challenge



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

