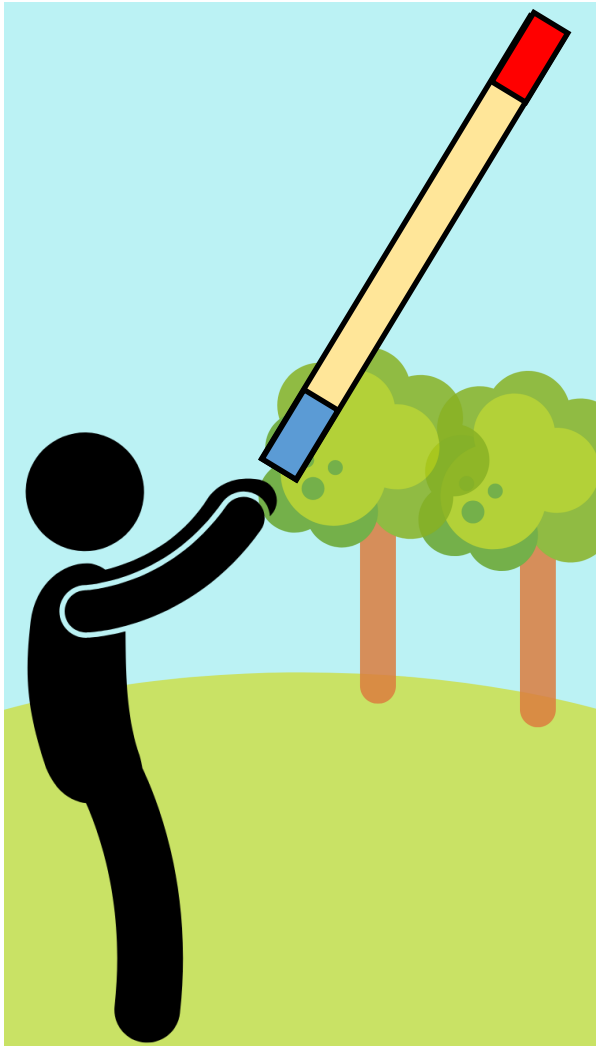


# Caber Toss



## What to do

The aim is to flip the caber end over end so that it lands as straight as possible and in the centre of the target area.

## How to do it

Hold the blue end of the caber in cupped hands with your arms straight and the caber resting on your shoulder.

Take three to four steps towards the throwing line, push the caber forward with your shoulder and upwards with your arms and hands.

The caber should be tossed over the red end so that it lands with the blue end furthest from the throwing line.

## How to record your score

You should be aiming for your caber to land as straight as possible. Distance doesn't matter, so don't worry about stepping over the throwing line!

Mark the points where both ends of the caber first land. Line these points up with the numbers on the scorecards and add together to get your total score.

## What you'll need

**Caber** (use cardboard tubes, a plank of wood or foam swimming noodle!)

**Scorecards** (laid out like in the picture below)

1	5	10	5	1
---	---	----	---	---

5 points  
+  
10 points  
= 15 points

1	5	10	5	1
---	---	----	---	---



# Sock Putt

## What to do

The aim is to throw the sock ball as far as you can using a shot putt motion.

We will just focus on the very basic throwing technique to begin with.



## How to do it

Make your sock putt by scrunching up a few socks into a ball shape.

Stand facing away from the throwing line, with your feet should width apart, one foot further forward than the other.

Try to hold the ball with your finger tips and thumb, rather than it resting in the palm of your hand. Hold the ball closely to your neck, ensuring that your elbow is held high.

Bend at the knees slightly and as you turn to face the throwing line, adopt the pose of the figure to the left. Push the ball as far as you can without stepping over the throwing line.

## How to record your score

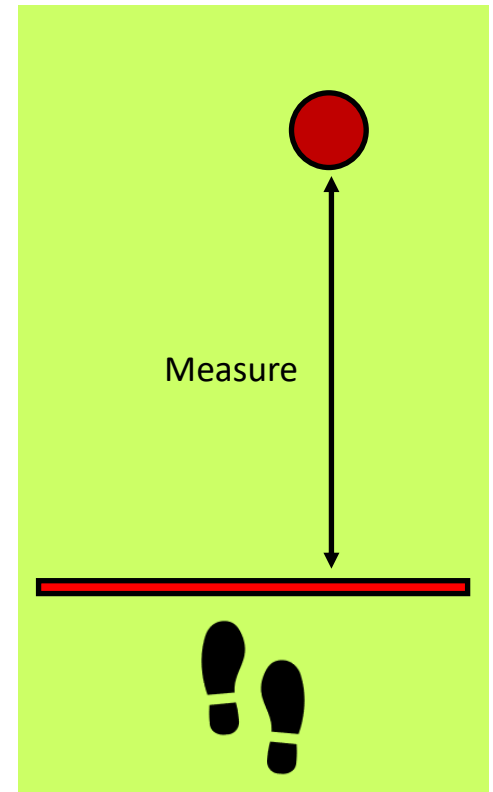
Measure from the throwing line to the point where your sock ball lands.

Have 3 attempts and record your distance after each throw. The furthest throw is your final score.

## What you'll need

**Sock Putt** (scrunch up some socks into a ball, or use a hockey ball if you are outdoors!)

**Measuring Tape**



# Welly Throw

## What to do

The aim is to throw a welly as far as possible in a forward direction.

Sounds easy?...

Give it a go and see how you get on!

## How to do it

Stand facing the throwing line, making sure that both feet are behind the line.

Make sure there is nothing in your way before you throw!

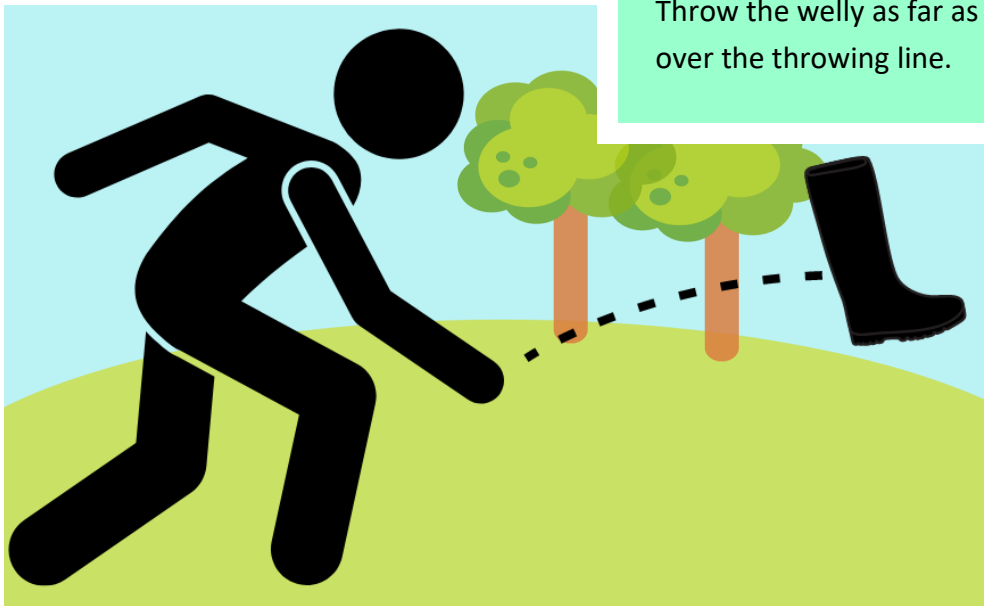
Hold on to the top of the welly in one hand and try to use an underarm throw to propel the welly forwards.

Throw the welly as far as you can, making sure that you don't step over the throwing line.

## What you'll need

**Welly Boot** (use a welly, hiking boot, or large shoe!)

**Measuring Tape**

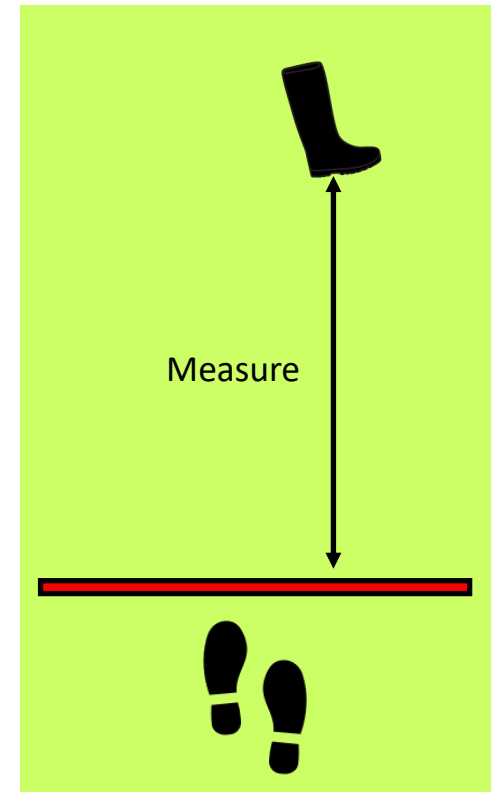


## How to record your score

Measure from the throwing line to the point where your welly lands.

Have 3 attempts and record your distance after each throw.

The furthest throw is your final score.



# Farmers Walk

## What to do

The aim is complete as many walking shuttles as you can while carrying two weights in 30 seconds.



## How to do it

Set up a start line and finish line, around 10 metres apart (you can shorten this if you have less space)

Pick up your two weights, one in each hand, then position yourself on the start line.

Start the timer and try to complete as many shuttles as you can in 30 seconds. Do this by walking back and forth between the start and finish lines while carrying your weights.

**TOP TIP:** Try to walk in a straight line and turn once you get to each line, rather than walking in big circles!

## How to record your score

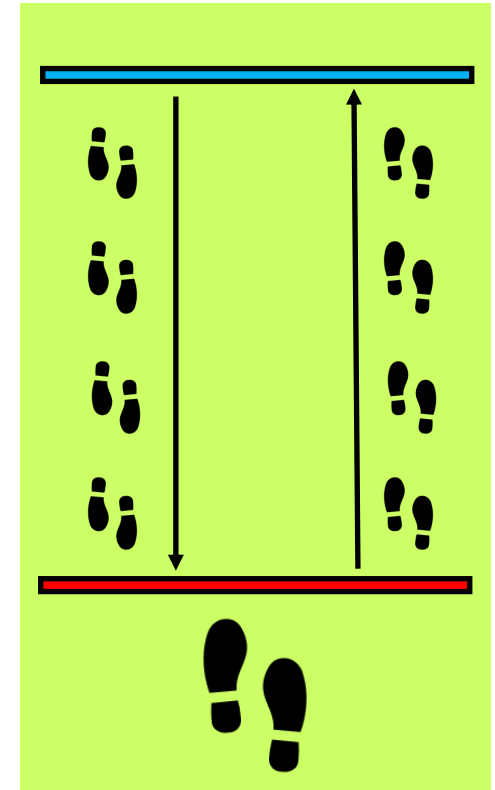
Count how many times you complete a full shuttle (there and back) in 30 seconds.

Have 3 attempts and record your score after each one. The highest number of completed shuttles is your final score.

## What you'll need

**Weights** (use shopping bags, buckets full of water or something fairly heavy)

**Stopwatch**

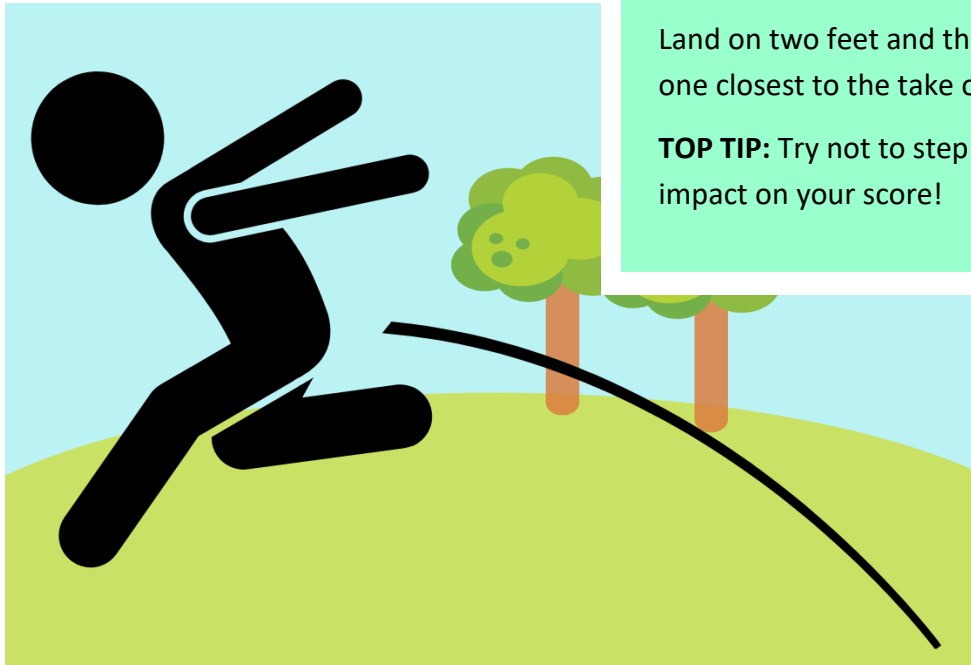


# Broad Jump

## What to do

The aim is to jump as far as you can from a standing start. This is a great test of coordination and leg strength.

The world record for a standing long jump (or broad jump) is over 3.60 metres!



## How to do it

Stand facing the take off line, making sure that both feet are behind the line. Make sure there is nothing in your way before you jump.

You should take off from both feet and jump as far as you can in a forwards direction. Try to bend at the knees and swing arms to give you extra lift!

Land on two feet and then mark the point where your back foot (the one closest to the take off line) lands.

**TOP TIP:** Try not to step backwards when you land, as this will impact on your score!

## What you'll need

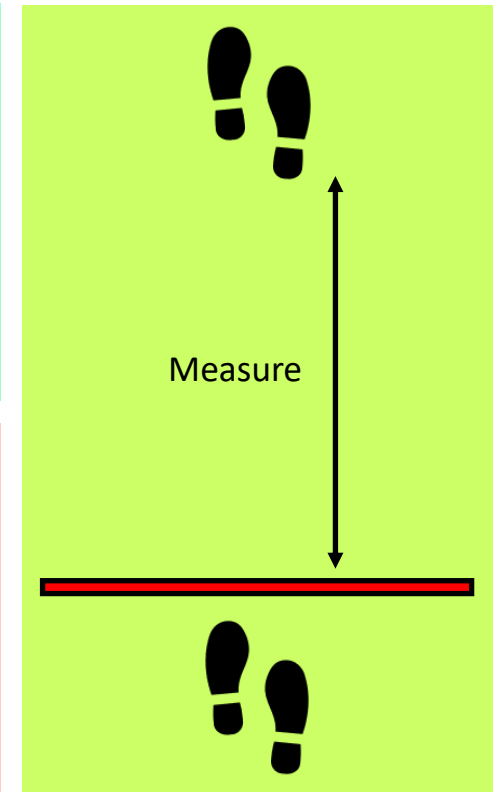
**Take off line** (use a towel, ruler, cones or something straight that you won't trip over!)

**Measuring Tape**

## How to record your score

Measure from the take off line to the point where your back foot lands.

Have 3 attempts and record your distance after each jump. The furthest distance is your final score.



# Highland Steps

## What to do

The aim is to step over the hurdles in the correct order as many times as you can in 30 seconds.

It is more difficult than it appears!



## How to do it

Stand facing the step mat, with the mat laid out as shown in the adjacent picture.

When the timer starts, step over the hurdles one foot followed by the other (e.g. left foot, then right foot) so that both feet touch the floor in each section.

Follow the sequence 1, 2, 3, 4 and then repeat. Keep doing this for 30 seconds.

(If you stand on a hurdle at any point, you should return to 1 and continue from there)

**TOP TIP:** Try stepping with both feet to begin with if one foot at a time is proving too difficult!

## How to record your score

Count how many times you complete a full sequence of steps (1, 2, 3, 4) in 30 seconds.

Have 3 attempts and record your score after each one. The highest number of completed sequences is your final score.

## What you'll need

**Step Mat** (laid out like in the picture below—use chalk to draw lines, towels or rulers!)

**Stopwatch**

