

Ryedale and Whitby School Games Toilet Roll Challenge

Test your balance, strength and co-ordination.

Equipment: 3 Toilet Rolls and 3 x 1p coins



The Challenge

Challenge 1 – Squat balance challenge!

For this challenge you will need to balance two toilet rolls on top of each other to make a tower. Balancing the third toilet roll on your head and without touching it with your hands, try to squat down until your bottom touches the toilet roll tower and then stand back up. If you do this without the toilet roll falling off your head, you score 1. How many points can you score in 1 minute?

Challenge 2 – Plank Towers

Start in the plank position with a tower of three toilet rolls on the **outside** of one of your arms. One by one take the toilet rolls and build the tower on the **outside** of your other arm. Keep in the plank position. Return the toilet rolls back, one by one, to build a tower again on the first side. Repeat this. How many towers can you build in 1 minute?

Challenge 3 – The penny target throw

Place a toilet roll on the floor. Place a marker 1 metre away from the toilet roll. Kneel down just behind this marker and throw the 1p coins, aiming to get them to drop into the toilet roll tube. Each time you collect the coins, return to your position just behind the marker before you throw the coins again. You can only use three coins for this challenge – you must collect them yourself after each try! How many coins can you get into the toilet roll tube in one minute?

SCORING: Your score will be entered into an individual competition, and could also be included in a team score for your school. To help your school team, practice the challenges and see if you can improve your scores.

Challenge 1: Balance – The number of times you can squat until your bottom touches the toilet roll tower and stand back up again without the toilet roll falling off your head in **1 minute**.

Challenge 2: Strength – The number of towers you can build in **1 minute**.

Challenge 3: Hand eye co-ordination – The number of coins you can throw into the toilet roll tube in **1 minute**.

How to enter your results

You can have breaks in between each challenge and practice as much as you like.

Add up the highest points total you scored for all three challenges.

Tell your Teacher your highest score – or ask an adult to email your score to your School Games Organiser srobinson@ladylumleys.net - including your name, school and Year group.

Good Luck! (Closing date for scores is Monday 22nd March)

