

The Challenge

Challenge 1 – Squat balance challenge!

For this challenge you will need to balance 2 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 one minute?

Challenge 2 – Plank Towers

Start in the plank position with a tower of 3 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. How many towers can you built in 1 minute?

Challenge 3 – The 3p putt

Place toilet roll 1 on the floor. Stretch out on the floor touching the toilet roll with the tips of your fingers and place toilet roll 2 level with your shoulders. Now kneel with toilet roll 2 in between your knees. You have to toss 3X 1p coins into the middle of toilet roll one from this position. Compete as quick as you can and record your time.

View a demonstration here: https://youtu.be/lxm4K_GZrvE

Equipment

3 Toilet Rolls
3 x 1p coins

SCORING

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 **1 minute**.

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

Challenge 3 hand eye coordination – How long did it take you to throw 3 X 1p coins into the toilet roll tube? Enter the time in seconds eg 1min 12 seconds would be 72

How to enter and view results

You can have breaks in between each challenge and practice as much as you like. Enter the highest points total you scored in each of the three challenges at www.koboca.co.uk using the below login details or click on the link:

Username **Hawes** Password **f5c497e2fd71**

<https://www.koboca.co.uk/balance-strength-coordination-toilet-roll-challenge4/?q=25fa7bac&s=22ee8e42>

To view your schools' position in the league, please click on the link below:

<https://www.koboca.co.uk/league-table/?s=5410&id=21&gender=combined&year=&sparty=allandcombined>

Good Luck! (Closing date 22nd Feb 2021)



