

## Take the Challenge

# Knee Trembler

 20 Minutes



### Instructions:

1. Set up the game in an area that has lots of space to run around. It can be played indoors or outdoors on the grass.
2. Place a basket of oranges, apples or tennis balls on one end of the room (or yard) and a hula hoop on the other. If you don't have a hula hoop, mark a circle with masking tape.
3. Your task is to get all the items out of the basket and into the hula hoop using your knees only.
4. You may use your hand to take an item out of the basket and place it on the ground. From then on, no hands allowed!
5. Set a timer before you begin and race the clock to see how fast you can get all the items into the goal. Good luck!

### Play with a Partner

1. Set up the game as indicated in steps 1-2 adding a second hula hoop to mark a goal for your partner.
2. Your task is to race your partner into getting the most items into your goal before the basket runs out!
3. Remember- use your knees only! You may use your hand to take an item out of the basket and place it on the ground. From then on, no hands allowed! Good luck!

### OVERVIEW

Race the clock! Can you get the objects to the goal using only your knees?

### SUPPLIES NEEDED

- Basket or bowl
- Oranges, apples or tennis balls
- Hula hoop or masking tape
- Timer



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**Week 4**  
Wednesday

*Take the Challenge*