*Challenge Card*

Group Members: 1. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ 2. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

3. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ 4. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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| *Challenge #1*  Eye of the Needle  How many tosses can you make through the hoop in 1 minute?   * Two Holders hold the hoop pointing up and down (opening facing the Tossers). Tosser-A tosses the beanbags through the hoop to the other side. When 4 beanbags are tossed, Tosser-A retrieves them all for Tosser-B. Continue alternating Tossers until you hear a stop signal. | Trial 1 Result: \_\_\_\_\_\_\_\_\_\_\_\_\_  Trial 2 Result: \_\_\_\_\_\_\_\_\_\_\_\_\_  *Circle the best performance.* |
| *Challenge #2*  Eruption  How many tosses can you make through the hoop in 1 minute?   * Two Holders hold the hoop above their heads (opening facing the floor). Tosser-A tosses the beanbags up and out of the hoop. When 4 beanbags are tossed, Tosser-A retrieves them all for Tosser-B. Continue alternating Tossers until you hear a stop signal. | Trial 1 Result: \_\_\_\_\_\_\_\_\_\_\_\_\_  Trial 2 Result: \_\_\_\_\_\_\_\_\_\_\_\_\_  *Circle the best performance.* |
| *Challenge #3*  Moving Target  How many tosses can you make through the hoop in 1 minute?   * Two Holders stand 5 steps apart and roll the hoop back and forth between them. Tosser-A tosses the beanbags through the moving hoop. When 4 beanbags are tossed, Tosser-A retrieves them all for Tosser-B. Continue alternating Tossers until you hear a stop signal. | Trial 1 Result: \_\_\_\_\_\_\_\_\_\_\_\_\_  Trial 2 Result: \_\_\_\_\_\_\_\_\_\_\_\_\_  *Circle the best performance.* |
| ***Think About It – Answer the questions below on the back of this page.***   1. What does acceptance mean? 2. Can you compare and contrast the **benefits** of working with others who are more skilled with the benefits of working with those who are less skilled? *(HINT: Draw a Venn Diagram)* 3. How could we adapt or change one of our Triathlon challenges in order to help someone who is less skilled be more successful? | |