

SKILL-RELATED FITNESS Challenge Activities

Odd and Even

[YouTube Video Demo](#)

Everyone needs help at some point. Coordinating support for friends and family can feel like a challenge. However, providing coordinated support for people we care about is a part of building a rewarding life of service, community, and joy.

This is a dice game of odds and evens. Beat the odds and support your friends even when it's a challenge.

The object of the game is to build your support points by finishing hop and jump routines. You get 10 rolls. Record the number that you roll as your points for that round. If you roll an odd number, complete the 1-foot hop routine. If you roll an even number, complete the 2-foot jump routine.

ODD: 1-Foot Hopping Routine

- ⇒ Right, Right, Left, Left
- ⇒ Right, Left, Right, Left
- ⇒ Left, Left, Right, Right
- ⇒ Left, Right, Left Right

EVEN: 2-Foot Jump Routine

- ⇒ Together, Together, Apart, Apart
- ⇒ Together, Apart, Together, Apart
- ⇒ Apart, Apart, Together, Together
- ⇒ Apart, Together, Apart, Together

Roll Number	Points Scored
1	
2	
3	
4	
5	
6	
7	
8	
9	
10	
TOTAL	

