



VARSITY // BRANDS

MISSION 2: PLANK HACKER



Watch this activity demo on  YouTube

The Goal:

In this plank station adventure race, move from station to station cracking each of the six plank codes.

What You Need:

6 cones as station markers and the 6 plank hacker station signs.



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How To Play:

- Create 6 plank stations in the activity area with enough room to move safely. Work as an individual, in pairs, or in small groups. Start at any cone. Complete all 6 stations to earn participation in this event.
- Play the Lil Sugar song as the start signal. Can you complete all 6 stations before the song is over?
- As soon as you finish at a station, quickly move to the next.

HIP HOP
public health



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