
CHALLENGE CARD

Neutral Zone

Equipment

A neutral-zone balance board and fulcrum set up on tumbling mats that cover the entire working area.

Starting Position

Group members start by balancing themselves with half of the group on each side of the neutral-zone balance board.

Our Challenge

The group completes the challenge when group members all switch sides of the balance board and end up on the opposite side of the neutral zone.

Rules and Sacrifices

1. No group member may touch the floor (or tumbling mats).
2. The neutral-zone balance board may not touch the floor.
3. Group members may step on the neutral-zone fulcrum when attempting to change positions.
4. No one may call others by their last names or use put-downs.
5. If the group breaks a rule, it must begin the challenge from the beginning.

ORGANIZER CARD

Neutral Zone

Questions

1. What equipment do we use?
2. What happens if a group member touches the floor?
3. What happens if the balance board touches the floor?
4. Can we step on the neutral-zone fulcrum?
5. How will we know when we have completed the task?
6. Can you think of any safety issues that we should discuss?