
CHALLENGE CARD

The Rock

Equipment

Tumbling mats and one tire (the rock).

Starting Position

Group members stand on the tumbling mats next to the tire.

Our Challenge

The group completes the challenge when all group members balance on the rock (off the floor) for a slow count of “one-and-two-and-three-and-four-and-five.”

Rules and Sacrifices

1. All group members must be off the floor.
 2. All group members do not have to be touching the rock as long as they are off the floor.
 3. Stepping on the rock and then touching the floor for even an instant means that the group must start over with no one touching the rock.
 4. When group members have practiced a successful solution, they call the teacher to the working area to witness the solution.
 5. No one may call others by their last names or use put-downs.
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ORGANIZER CARD

The Rock

Questions

1. What equipment do we use?
2. What happens if someone touches the floor after being on the rock?
3. How long do we have to stay on the rock?
4. Do we all have to be touching the rock?
5. Who does the counting for the task?
6. Can you think of any safety issues that we should discuss?