

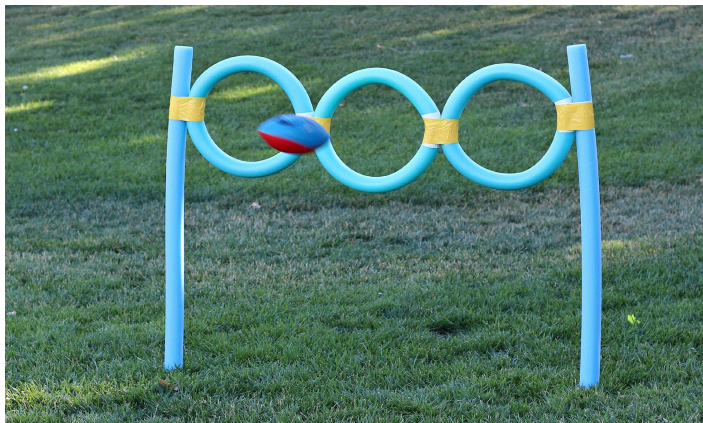
## DDS Afternoon Challenges for June 8 - 12

Since we won't be doing a track meet at the school this year, we thought we would share some challenges that you can do with your family instead.

- **Ball toss** - throw a ball as far as you can and see if you can get farther each time you throw it!
- **Frisbee toss** - set out a garbage can and see if you can toss a frisbee into it. If it's easy-peasy-lemon-squeezy, move back a step each time you throw to make it more challenging.
- **Ball walk races** - put a ball or a balloon between your knees and challenge your family to a race
- **Balancing Act** - Children lie down on their back while a volunteer places a paper cup of water (only half full) on their forehead. The goal is to sit up without spilling or using your hands.
- **Water Balloon Toss** - Teams of two start about a foot apart and toss the balloon back and forth, then keep taking a step back until they miss.
- **Dress-up Relay** - Divide family members into two teams. Pile at least 10 items of clothing for each team on one side. Each player must "dress" as fast as possible, run to the next team member without any objects falling off, "undress" and pass the items to the next team member.
- **Noodle Sword Fight with Bubbles** - In teams of four, give two participants a noodle to use as a sword and the remaining two the job of blowing bubbles and counting the winning number of bubbles conquered.



**Large Tic Tac Toe** – make the tic tac toe game using a plastic table cloth, duct tape, and 2 different colors of plastic plates. Cut the table cloth so it is square then measure and tape off the tic tac toe area in 9 equal squares.



**Pool Noodle Football Toss** – you will need 5 pool noodles, duct tape, a football, and rebar from the hardware store. Form 3 of the noodles into rings and tape where they meet. Tape each ring individually then taped them together. Tape the end ring noodles to the long ones. Place the 2 rebar pieces in the ground then slide the noodles over each one.(Award different points for each circle)



**Bucket Ball Toss** – you will need 5 buckets, 3 soft balls, and sticky numbers. I used my vinyl cutter to make numbers for each bucket, you could also use sticky letters. (Record each participants points and see which family member wins)