

T-Rex Tails Were Designed to Help Them Balance. Have a go at Slack Lining to Improve Your Balance



Age 14 - 18

Age 5 - 7

Age 7 - 11

Activity details

This activity counts towards...



- T-Rex Challenge

£ Outdoors
Day

- | | |
|---|---|
| <input type="checkbox"/> 11 - 14 | <input checked="" type="checkbox"/> 14 - 18 |
| <input checked="" type="checkbox"/> 5 - 7 | <input checked="" type="checkbox"/> 7 - 11 |
| <input type="checkbox"/> 3 - 5 | |
-

- | | |
|--|--|
| <input checked="" type="checkbox"/> Autumn | <input checked="" type="checkbox"/> Spring |
| <input checked="" type="checkbox"/> Summer | <input type="checkbox"/> Winter |
-

Skills:

- Flexibility
- Gross Motor Skills

Equipment:

- Rope