

Go indoor skiing. In teams everyone places their left foot on one long ski and their right foot on another. Have races to see which team can get across the room the fastest



Age 14 - 18

Age 5 - 7

## Activity details

This activity counts towards...



- Winter Challenge

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££	Indoors
Day/Night	

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|---|---|
| <input type="checkbox"/> 11 - 14          | <input checked="" type="checkbox"/> 14 - 18 |
| <input checked="" type="checkbox"/> 5 - 7 | <input type="checkbox"/> 7 - 11             |
| <input type="checkbox"/> 3 - 5            |   |
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- |  |  |
|--|--|
| <input checked="" type="checkbox"/> Autumn | <input checked="" type="checkbox"/> Spring |
| <input checked="" type="checkbox"/> Summer | <input checked="" type="checkbox"/> Winter |
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### Skills:

- Accountability
- Communication
- Gross Motor Skills
- Independence
- Listening
- Relaxation
- Responsibility
- Self motivation
- Teamwork

### Equipment:

- Skis