**THE CHALLENGES**

**Rugby Slalom**
- Put 5 markers in a straight line with a gap of 2 metres between each one.
- Run from cone 1 to cone 5 and back again, weaving in and out of the cones as you go – make sure you go AROUND the end cones too!
- Hold a ball in 2 hands while you run – imagine you are weaving between players on the rugby pitch.
- Do this twice (out and back, out and back).
- How fast can you do it?

**Run and Pass**
- This challenge is the same as Rugby Slalom with an extra challenge added in...
- On one of your return runs, stop at the middle cone and throw the ball 10 times to a partner at cone 1.
- Make sure you throw and catch the ball using 2 hands.
- When you have done this, carry on with the rest of your Rugby Slalom.
- How fast can you do it?

**WHAT YOU WILL NEED**

**Space**
These challenges are best done outside. You will need a flat, even surface about 10 metres in length.

**Task**
Don’t worry if you drop the ball – just pick it up and keep going. You can do 1 task or both.

**Equipment**
You will need a rugby ball (or a football or soft ball) and 5 markers (for example chalk marks, items of clothing, paper or cones).

**People**
You will need a partner to do the Run and Pass challenge. You may also need someone to time you and to video you doing the challenges.

**SEND US YOUR VIDEO ENTRY**
Submit your video before 3pm on Friday 3rd July at:
www.wiltssport.org/virtual-school-games

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