



Football: Throw and Kick Challenge

What you are doing:

1. Your goal is to obtain the farthest combined distance when kicking and throwing a football.
2. Pick an area where it is safe, take three (3) attempts at kicking and three (3) attempts at throwing a football as far as you can. Measure the distance of each attempt.
3. Add your furthest throw and your furthest kick distance together and submit your combined score in metres.
4. Make sure your student-leader or teacher-supervisor verify your distance.

Where should you do it?

Find a location that is safe and has a sufficient amount of space. Make sure your space is away from congested areas (i.e. parking lots, roads).

What you need:

- Football or a ball that can be both thrown and kicked (can be any size or shape).
- Large area free of obstructions and has an ample amount of space.
- Device to measure your distance or determine your approximate distance by using your walking stride.

Note for Student-Leaders and Teacher-Supervisors: Feel free to modify the challenge in order to provide opportunity to any students who would like to participate.

That's all there is to it!

Remember to stay safe, social distance, have proper supervision and the more students that participate the more points are earned for you and your school.

You have been challenged!