

## **W14167 Hand Walk Challenge**

### **Activity Suggestions**

**Overview** – The hand walk challenge is designed to offer participants a fun way to develop and test their core and upper body strength. Participants will basically get into a push up or plank position, then place their hands on any two matching symbols and attempt to walk their way across the mat on their hands by placing their hands on only those two symbols. The mat offers a variety of paths across the mat including 4 geometric shapes, 4 colors and two letters for a total of 10 options. Some of the paths are obvious, some are a bit trickier and require thought. So along with building strength, younger participants can reinforce color and letter recognition and learn shape recognition.

**Use & Space** – The challenge mat is made from a yoga mat material, so it shouldn't slip when used on most smooth floors, like a gym floor. The mat is 40" h x 10' wide and you will need space on one or both sides of the mat to allow room for participants lower bodies. A space with about 6' on the top and bottom (for a total of about 16' x 10') should provide enough space for all activities, most will only need 6' on the bottom side of the mat (for a total of about 10' x 10'). For younger or participants that do not have as much upper body strength and need to use their knees to help support them, you will have to place a gym or exercise mat below the Challenge Mat to provide cushion under their knees.

**Body Position** – Stronger and older participants should try to maintain a plank position throughout the challenge. Younger participants or those still building upper body strength may need to start (or finish) the challenge in a less demanding body position. Encourage participants to start in the planks and proceed as far as possible. If needed allow them to arch their back and or bend their knees and lastly to drop to their knees for them to finish the challenge.

#### **Advanced Hand Walk Challenge Options**

- Have a participant go across the mat on one symbol and return to the end they started on by coming back on another symbol.
- Time participants on how long it takes them to hand walk across the mat. Add penalty time for poor form.
- See how many times a participant can walk across the mat in a set time (2 or 3 minutes) while maintaining a plank position.
- Create teams and time each team's total time it takes for them to complete the challenge
- Partners: Have one participant start at one end with their feet on the bottom of the mat and the other at the opposite end with their feet at the top of the mat. See if they can both get to the opposite end and maintain proper plank position or at least not have their knees touch the ground. They can either proceed on different symbols or even try both using the same symbols. Just make sure part of their hand is always touching the correct symbol.

#### **Other Activity Options**

**Stand Up, Walking Challenge** – To maximize the life of the mat, please remove shoes and sneakers before walking on the mat. Very young participants could pick a symbol, say what it is and just walk across the mat to the other side. Have them try to keep their feet as close as possible to the center of each symbol they step on.

**Hop Challenge** - To maximize the life of the mat, please remove shoes and sneakers before hopping on the mat. Make sure the mat will not slip on whatever type of flooring it is placed on. Here players will start with one foot on two of the same symbols and attempt to hop across the mat by hopping from one pair of symbols to another pair of the same symbols. A successful hop can be defined as any part of the foot touching the correct symbols or for a tougher challenge require all the toes to be within the symbol.

**Tossing Activity** – Use the mat as a beanbag tossing target. Different point values can be assigned to the different symbols. Alternatively assign each player or team a different type of symbol and see which team can hit all their symbols first.