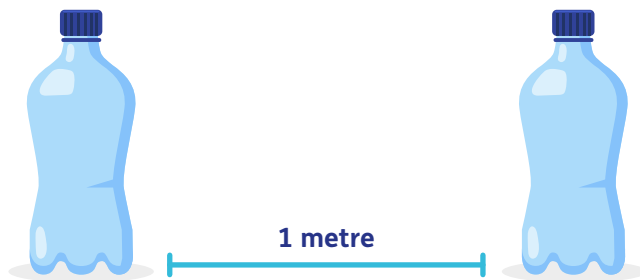


AUSTRALIAN OPEN MOVING CHALLENGE

LEVEL 1



Use 2 items like a plastic water bottle or cones, spaced 1 metre apart from each other.

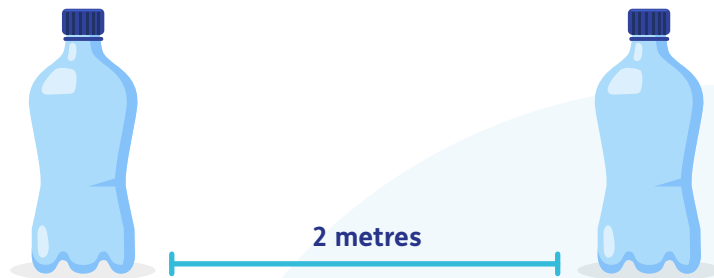
Move or reach from one bottle to the other bottle.

How many can you do in 1 minute?

Use 2 items like a plastic water bottle or cones, spaced 2 metres apart from each other.

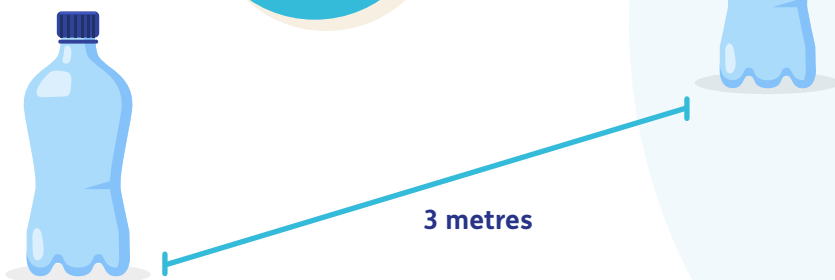
Move or reach from one bottle to the other bottle. But you have to touch the bottle with your hand.

How many can you do in 1 minute?



LEVEL 2

LEVEL 3



Use 2 items like a plastic water bottle or cones, spaced 3 metres apart from each other.

Move around the bottles in a figure of 8 or side step from 1 bottle to the other.

How many can you do in 1 minute?