

# Ice Hockey!

Each person on the team must dribble a beanbag the width of the gym and back. Upon completion, each team member must stop at a hot spot and shoot to score a goal.

# **Team Nordic Skiing**

All four team members must be on the Buddy Board and travel the width of the gym and back.

# Two-Person Bobsled

Each pair in the group – one person sits on the scooter and the other person pushes on shoulders. Pusher pushes partner down and back the width of the gym, switch. Both pairs must complete the task.

# Team Figure Skating

Each member of the team has each foot on a paper plate. The entire team hooks elbows and travels forward one width of the gym and backward one length of the gym

# Speed Skating

Each member of the team has each foot on a carpet square. The team must travel in a line one width of the gym with each person leading. (Team makes two trips down and back, each trip with a different leader.)

# Biathalon

Each member of the team has feet on paper plates and one beanbag. Each member “skis” across the gym and back. When done, each member must stop at a hotspot and throw the beanbag in the target. If there is a miss, other team members must retrieve the beanbag while skiing to return the beanbag to the thrower until the target is hit

# Individual Nordic Ski

Each team member sits on a scooter  
and uses plungers to move  
themselves across the gym and back.

# Four Person Bobsled

First person on the team sits cross legged on scooter. Second and third person hook legs around while sitting on their scooters. Fourth person pushes team across the gym and back. Must travel two times with two different pushers.



# Luge

Each pair of each team has one person lay on two scooters with feet towards direction of travel. One partner pushes. Each team must travel the width of the gym and back and switch pushers.

# Skiing

Each member of each team must complete 100 jumps using “skier” footwork. All four members must complete the task.