

10 Minute Takeover

Movin On Up Challenge #10TO

What you need for the challenge;

Yourself

20 Plastic Cups (.25l)

A Stopwatch

Setup

1. Make a stack of 20 plastic cups with the bottom cup marked to make it identifiable.
2. Place the tower of cups in front of you on a table.
3. On the command 'Go' start the clock, pick the tower up and remove the top cup and replace on the bottom of the tower.
4. Again remove the top cup but with other hand and replace on the bottom of the stack.
5. Continue removing and replacing cups, alternating hands each go, until the 'marked' cup is back on the bottom of the stack.
6. When 'marked' cup is on the bottom of the stack stop the clock and record time.



You can have as many goes as you want, but make sure a referee (youth worker) records your time and score. Post your best score along with your name & club on the Lancashire Boys & Girls Clubs Facebook page along with any photos/film using #10TO.

A leader board will be posted weekly on our Facebook page to keep you updated with your scores.

Have fun!!!