

ALPINE CENTRE CHALLENGE

BRING ON THE BOBSLEIGH!



Bobsleigh is an Olympic sport where competitors steer a sleigh down an icy track, with many corners and straights. It is very fast and exciting to watch!

Using masking tape, items (chairs) or chalk create your own indoor or outdoor track for a toilet roll bobsleigh. See how fast your creation can complete its course!

What do I need?

- Lots of space
- Masking tape or chalk if outside
- A toilet roll bobsleigh (see How to make a bobsleigh activity sheet)

How long will it take?

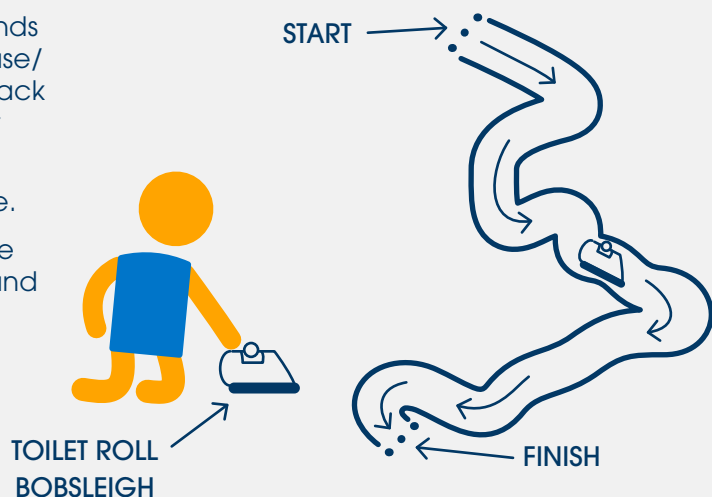
30 minutes



Watch this video for inspiration:
<https://youtu.be/mbzbKVhz8co>

What should I do?

1. Decide if you want to create your track indoors or outdoors.
2. Use either two strips of masking tape, or two lines of chalk (if outside) to 'draw' out your track (or you can use objects like straws or string!)
3. Give your track twists and turns, bends and hills. Use items around your house/classroom to create the hills. Your track could go up and over chairs, under tables etc.
4. Give your track a start and finish line.
5. Place your toilet roll bobsleigh at the start line. Move your bobsleigh around the track until you reach the finish!
6. Now you have done it once, see if you can do it again but quicker.
7. Time yourself to complete the course. Keep going and see if you can keep beating your time!



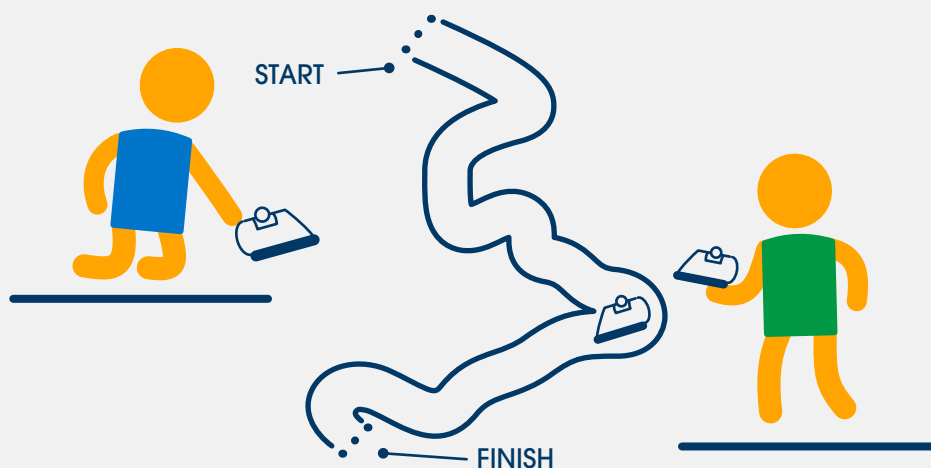
Extra challenge

1

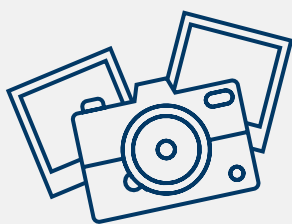
Can you make your track on different levels so you have to reach up for some of the bobsleigh travel and crouch down for more?

2

Time yourself completing the course and race against your friends or family! Who can complete the course in record time? Who is the bobsleigh champ?



Take it further



Ask someone to video or take a picture of you trying out your course.



Share with us

Share your photos or videos on social media or by email

 @GetSetCommunity

 @GetSetClub1

 @GetSetClub

 getset@getset.co.uk

ALPINE CENTRE CHALLENGE

HOW TO MAKE A BOBSLEIGH

What do I need?

- A toilet roll
- Scissors
- 2 lolly sticks
- Glue



1. First lay your toilet roll on its side.
2. Next cut a square out of the top of it (be very careful using your scissors, or ask an adult to help!).
3. Then fold one end of the toilet roll and glue it together to form a pointed end (like a bobsleigh shape).
4. Glue one lolly stick to each side of the tube to form the 'runners'.
5. Decorate your bobsleigh in your favourite team colours.
6. Finally, race your bobsleigh on the track!

