

ALPINE CENTRE CHALLENGE

TEA TRAY LUGE!



The luge and skeleton are Olympic sports where competitors zoom down the track at terrific speed. Only a few centimetres separate them from the ice as they lay on their sleds, reaching speeds of up to 87 miles per hour!

For this activity see if you have the core strength of a luge champion! Try out these poses and positions and see if you can hold them like a pro! To really get into the role, see if you can find a tea tray to lie on to act as your sled!

What do I need?

- Space
- A clock or stopwatch
- A tea tray (optional)

How long will it take?

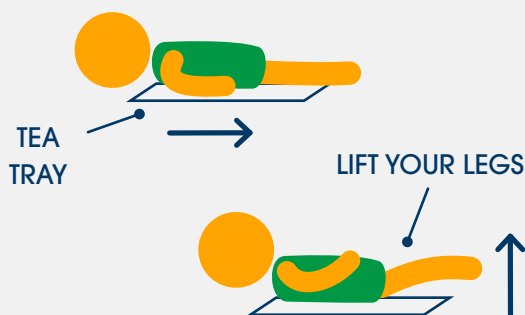
15 minutes



What should I do?

1. Find a space and lay down on the floor (or on your tea tray luge).
2. Study the body positions of a luge competitor. Can you mimic their position on the floor?
3. Try to lift your legs from the floor – how long can you hold this position for?
4. Now try to lift your head and shoulders a little way from the ground – how long can you hold this position for?
5. Now study the body positions of a skeleton competitor. Can you mimic their position on the floor?
6. Lay on your stomach and try to lift both your legs, head and shoulders from the floor. How long can you hold this position for?

Watch this video for inspiration:
<https://youtu.be/ZvmiaRwGc11>



HOW LONG CAN YOU HOLD THE POSITION



Extra challenge

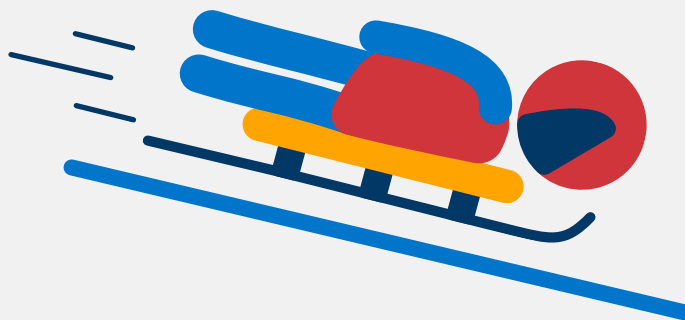
1

Now try skeleton! Try lying face down on your tea tray and 'steer' with your shoulders, knees and toes. How long can you hold this position for?

2

Keep track of how long you held your positions. Challenge a friend or family member to try it to. Can they beat your scores?

Watch this video to see how the skeleton works:
<https://youtu.be/luBERnGwYqc>



Share with us

Share your photos or videos on social media or by email

 @GetSetCommunity

 @GetSetClub1

 @GetSetClub

 getset@getset.co.uk