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# NON-TRADITIONAL MOVEMENT CHALLENGES FOR MIXED TEAMS

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This year, our faculty is actively involved in the organization of the Rector's Sports Day, which takes place on **Tuesday, May 13**. It offers competitions or tastings of various physical activities at sports venues in Prague, Pilsen and Hradec Králové.



We are organizing **non-traditional movement challenges for mixed teams** (2 women and 2 men) from all faculties of Charles University in FTVS UK boathouse in TROJA. Individual disciplines are selected so that top athletes are not favored. Everyone who likes movement and challenges of various types is invited. We invite you all - both **participants as well as fans**. There will be a lot to watch, and an accompanying program will be prepared for fans and spectators.

## REGISTRATION FORM

### **Individual disciplines and their description**

#### **1. Red light/ green light**

This discipline serves as an introductory activity that is intended to create a competitive atmosphere. The competitors will be divided into stages and start from their starting point. When the "red light" command is given, they must immediately stop and remain motionless – anyone who moves is eliminated. At the "green light" command, they can continue running. The main goal of this game is for as many team members as possible to reach the finish line in the shortest possible time.

#### **2. "Put your bike together" – relay**

In this discipline, the competitors will complete a relay race to designated stations where individual parts of a bicycle are hidden. Their task is to collect all the parts as quickly as possible and then assemble the bike. The final part of the discipline is to ride the assembled bike along a designated section. Time is measured throughout, which will decide the result.

**3. Frisbee – softball**

The competitors in the team will stand at designated “targets” and their task will be to pass the frisbee to each other several times without letting it fall to the ground. They will then have to hit the target accurately. The time will also be decisive in this discipline.

**4. Target kick**

The competitors will kick a soccer ball at a large target, with each player only having one shot. The team that scores the most points for their accurate hits wins.

**5. Balanceball**

Each competitor holds one end of an X-shaped wooden bar, with the ball in the middle. The team's task is to cover a pre-determined path as quickly as possible without letting the ball fall to the ground. The team's speed and precise cooperation will determine success.

**6. Badminton circuit**

The competitors must pass the basket over the net a total of ten times, constantly circling the playing field during each exchange, similar to a table tennis shuttlecock. The basket must not fall to the ground and the goal is to complete this activity as quickly as possible. Accuracy and speed will determine the team's success.

**7. Water run**

The competitors carry water to a bucket placed at a predetermined location. They are provided with training cones with a hole in the middle, which they must use to carry the water. The goal is not only to get the water to the location as quickly as possible, but also to minimize its loss during transport. Creativity and effective team cooperation play a key role here.

**8. Memory relay**

The competitors will run between different stations where pictures of sports products are placed. Their task is to remember these pictures and then describe them as accurately as possible. In this discipline, not only speed is key, but also attention and the ability to observe in detail.

**9. Team transport**

The team's task is to move all its members to the designated location as quickly as possible, without any of them stepping on the ground. They only have pieces of cloth at their disposal that they can climb on. The key to success is well-thought-out tactics and effective cooperation that will ensure smooth and fast progress without breaking the rules.

**10. Blazepods**

Blazepods will be placed in various locations and competitors will have the task of pressing as many of them as possible within a set time limit. The difficulty of this discipline will be increased by competitors having to perform the task under difficult conditions, such as carrying a certain load or other objects. Speed, agility and physical endurance will play a key role here.