

Skill

## BONDAGE



**You need:**

string, twine or similar, stopwatch

„A“ and „B“ tie knots together in a string or similar object. Both of them are only allowed to use one hand at a time.

**How many knots can you tie in 1 minute?**

OFFER	5	7	9	12
POINTS	1	2	3	4

Physical Awareness

## GHETTO FISTS



**You need:**

stopwatch

„A“ and „B“ slam their fists on and against each other: First from above, then from below, then head-on. 3 times with the right, then 3 times with the left fist - this counts as 1 pass. If you make a mistake, the pass does not count, but you can continue. Both players must move their hands.

**How many passes can you do in 30 seconds?**

OFFER	5	8	12	16
POINTS	1	2	3	4

Physical Awareness

## PILLAR BRIDGE



**You need:**

Pencil, ruler or yardstick, stopwatch

„A“ and „B“ each stretch out an index finger and balance an elongated object on it together. Both squat down at the same time and stand up again. If the object falls down, the attempt ends.

**How many squats can you do together in 30 seconds?**

OFFER	3	5	7	10
POINTS	1	2	3	4

Physical Awareness

## PARCEL SERVICE



**You need:**

2 tissue packs, stopwatch

„A“ and „B“ are facing each other at a distance of about 2 metres. Both are holding a tissue pack in their hands. At the same time they throw one pack to the other one with one hand and catch the other pack with the other hand. Success only counts if they both catch.

**How often do you catch the packs in 30 seconds?**

OFFER	5	8	12	17
POINTS	1	2	3	4

Skill

## BIRDS OF PREY



**You need:**

1 coin, stopwatch

„A“ rolls a coin with only 2 fingers. „B“ must catch it with only 2 fingers without it falling over. Then „B“ rolls the coin back to „A“ and „A“ catches the coin. If both „A“ and „B“ catch the coin, the attempt counts as a valid catch.

After that it starts all over again. The coin must roll at least 5 cm. If it falls over, you can keep trying.

**How many valid catches can you make in 30 seconds?**

OFFER	4	8	12	16
POINTS	1	2	3	4

Physical Awareness

## BLIND DATE



**You need:**

Paper and pens, a coin

Draw the outline of a 20 cent coin in the centre of a sheet of A4 paper. „A“ and „B“ each put a pencil on the edge of the sheet. One after the other, each blindly draws a line into the circle. A successful attempt is when the lines of „A“ and „B“ both end in the circle.

**How often are you successful in 6 attempts?**

OFFER	1	2	3	4
POINTS	1	2	3	4