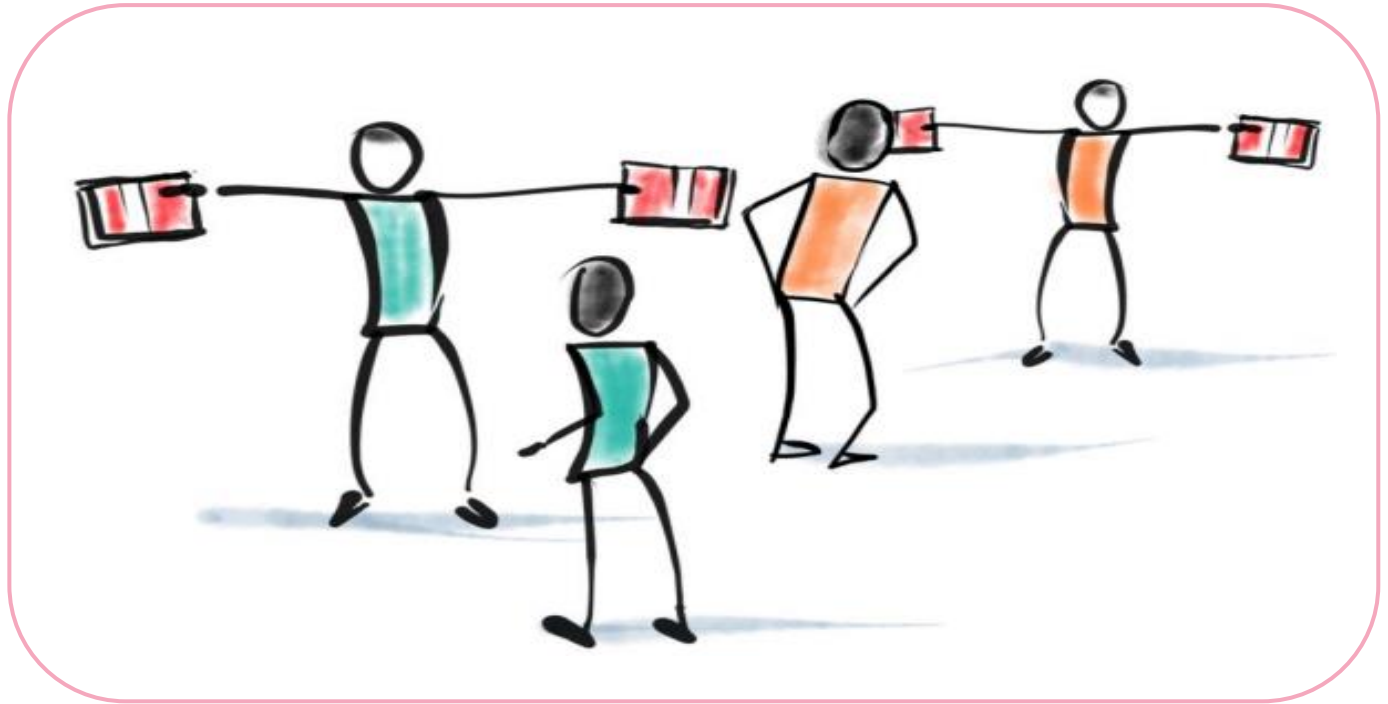


how to score:

- Time how long you are able to keep your arms horizontal.
- Rest for 1 minute and then try again.
- Can you beat your previous score?



how to play:

- For this activity you will require two suitable objects to hold, such as two heavy books or two paper weights.
- Holding an object in each hand, raise your arms up so that they are horizontal with your shoulders.
- You must keep your arms horizontal for as long as possible.

This document is for guidance only.

Please consider individual child requirements and carry out a risk assessment of facilities and equipment before activities.