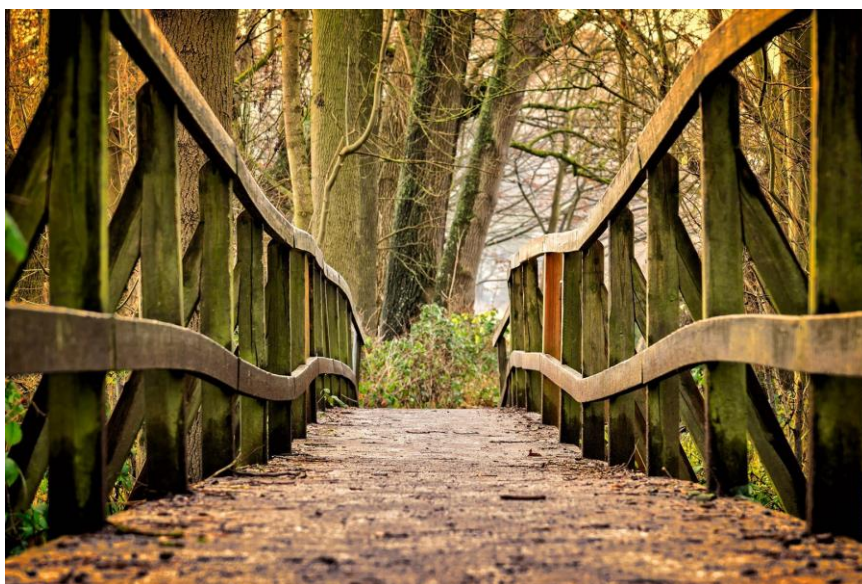


FULL **STEAM** AHEAD, Europe!

PAY ATTENTION, COMPLETE THE WORKSHEET AND
YOU'LL GET THE RED CARD.



FULL **STEAM** AHEAD, Europe!

COMPLETE, SEND AND YOU'LL GET THE ORANGE CARD.



PLAY TUG-OF-WAR WITH YOUR TEAM. CHALLENGE ANOTHER GROUP TO BE THE BEST OF 5 GAMES. THE WINNER WILL GET THE BLUE CARD.

DO YOU KNOW WHICH PHYSICAL CAPACITY IS PREDOMINANT IN THIS GAME?



FULL **STEAM** AHEAD, Europe!

PLAY "TAIL-STEALING" WITH YOUR TEAM DURING 3
TIMED MINUTES.

DO YOU KNOW WHICH PSYISICAL CAPACITY IS
PREDOMINANT IN THIS GAME?



FULL **STEAM** AHEAD, Europe!

Flexibility can be measured by doing "Wells and Dillon's test" or "Sit and Reach".

TRY IT AND YOU'LL GET THE PURPLE CARD.

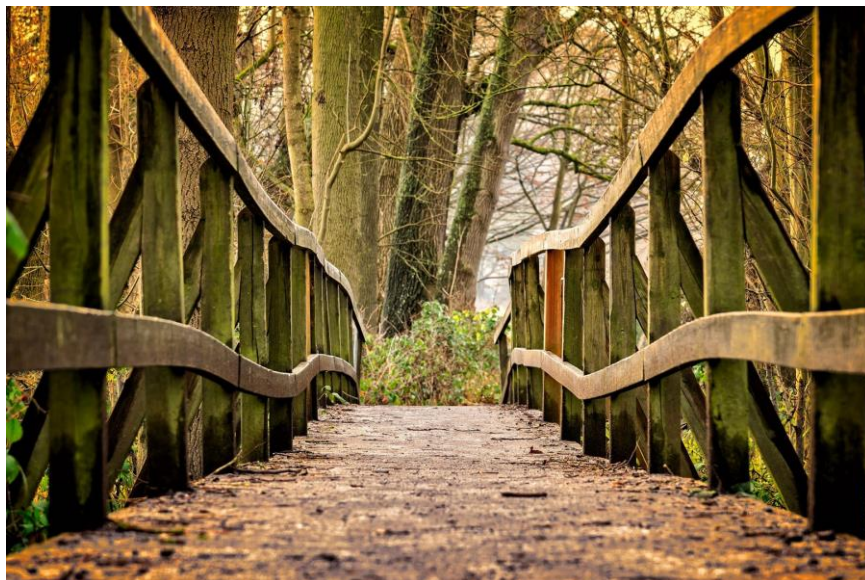


CHALLENGE ANOTHER TEAM TO DO A RELAY RACE AND THE WINNER TEAM WILL GET THE YELLOW CARD.

DO YOU KNOW WHICH PHYSICAL CAPACITY IS PREDOMINANT IN THIS GAME?



FULL **STEAM** AHEAD, Europe!



HOW MANY BURPEES CAN YOU DO WITHOUT STOPPING?
COUNT ALL THAT EACH MEMBER OF YOUR GROUP CAN DO
AND YOU'LL GET THE PINK CARD.

DO YOU KNOW WHICH PHYSICAL CAPACITY IS
PREDOMINANT IN THIS GAME?

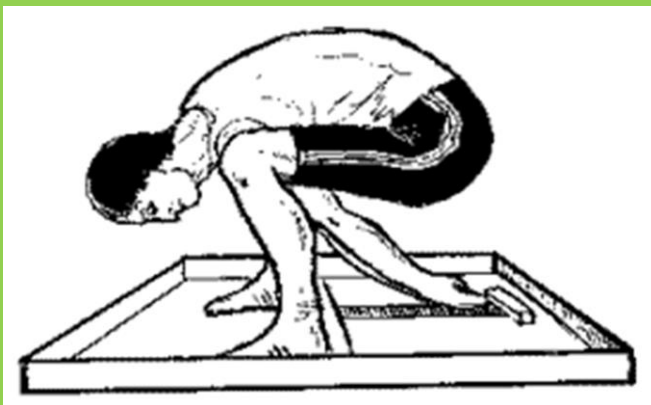


FULL **STEAM** AHEAD, Europe!



MOVE THE BRICK AS MUCH AS YOU CAN, MEASURE
THE DISTANCE AND YOU'LL GET THE GREEN CARD.

DO YOU KNOW WHICH PHYSICAL CAPACITY IS
PREDOMINANT IN THIS GAME?



FULL **STEAM** AHEAD, Europe!

DO YOU KNOW THE NAME OF THIS WEIGH-LIFTING
OLYMPIC CHAMPION? WHICH PHYSICAL CAPACITY IS
ESSENTIAL TO TRAIN IN THIS SPORT?

IF YOU KNOW IT, YOU CAN ROLL THE DICE ONE MORE
TIME AND MOVE THE ROBOT.



KAHOOT



FULL **STEAM** AHEAD, Europe!

WILD CARD

DO YOU NEED ANY CARD TO HAVE THEM ALL?

YOU'VE GOT THE CHANCE TO CHOOSE THE CARD YOU
NEED AND USE THE ROBOT TO GET TO IT.



RESISTANCE TEST FOR THE TEAM.

IF YOU WANT TO GET THE BROWN CARD, AT LEAST
THREE OF YOU MUST COMPLETE A 6 MINUTES NON-
STOP RACE.

