**The Rock**

**Description**

All group members must balance on the rock (or be off the floor) for a slow count of “ one-and-two-and-three-and-four-and-five”. The group needs to find a way to help each other maintain balance

**Success Criteria**

The challenge is mastered when the entire group is on the rock (or off the floor) for a slow count of five. The instructor must see the task completed and is the person who counts to five.

**Equipment**

You will need a rock (eg a 13 inch tyre, or a heavy duty box) and several gym mats to be placed under the rock. The size of the tyre can make a significant difference in difficulty in this challenge, therefore use a smaller tyre for a small group, and a large group (eg 10 people) may need a 14 or 15 inch tyre.

**Set up**

This task does not require much room, but the mats should be placed far enough from walls or other objects to lessen any chance of injury should a learner fall from the tyre. Place the rock in the centre of the mat.

**Rules**

* All group members must be off the mat and on the rock
* All group members do not have to be touching the rock as long as they are off the mat
* Once you have been on the rock, touching the mat for even an instant means that the group must start over from the beginning.

**Conclusion**

Once the group has practiced their solution and are confident it will succeed, the teacher will count slowly to five when the feet of all the group are off the floor.