**12OE Adventure Race**

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| 1.  C:\Users\cwooller\Downloads\qrcode.19886638.png  **Answer:** | 2.  C:\Users\cwooller\Downloads\qrcode.19886669.png  **Answer:** | 3.  C:\Users\cwooller\Downloads\qrcode.19886709.png  **Answer:** |
| 4. C:\Users\cwooller\Downloads\qrcode.19940523.png  **Answer:** | 5.  C:\Users\cwooller\Downloads\qrcode.19940541.png  **Answer:** | 6.  C:\Users\cwooller\Downloads\qrcode.19940567.png  **Answer:** |
| 7.  C:\Users\cwooller\Downloads\qrcode.19940582.png  **Answer:** | 8.  C:\Users\cwooller\Downloads\qrcode.19940645 (1).png  **Answer:** | 9.  C:\Users\cwooller\Downloads\qrcode.19940681.png  **Answer:** |

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| 1.  **Question: What is the prime mover for a bicep curl?**  **Answer: Bicep Brachii** | 2.  **Question: How many steps in front of the new reception?**  **Answer:** | 3.  **Question:** What is the name of the bone at the bottom of your spine?  **Answer: Coccyx** |
| 4. Go to the tennis courts and do 100 ski jumps over any line.  Q4: What are the names of the different types of anaerobic energy systems?  Answer: ATP-CP & Lactic Acid System | 5. Go to the canteen.  Skip with a skipping rope x 300 jumps as a team.  Q4: What is the name of the muscle in the shoulder? | 6.  Go to the area that overlooks the pool at the shakespeare rd end of the pool.  Come up with a poem about kayaking (record it somehow on yr phone).  Q4: What is the name of the bone known as the jawbone? |
| 7.  Go to quad  Have a drink  Q4: In a volleyball serve, what is the last joint to create flexion? | 8.  Go to the back of G3.  Do a balance on one foot for 60 seconds.  Q8: Give two true facts about the Aerobic energy system. | 9.  Go to my new office.  Complete 30 clap pressups.  Q8: How long should you hold a stretch? |