



Step In, Step Out 60 Second Challenge



Can you keep trying even when you want to give up?

How many times can you step in and step out of a circle in 60 seconds?



You must step in and out of the circle, one foot at a time. Both feet must step into the circle and then out again. No jumping!



Mark out a circle
Using chalk mark out a circle on the floor.

Can you achieve a medal stepping in and stepping out of the hoop in different directions?



Race against someone!
Mark out two circles, who can step in and out of their circle the most amount of times?

Achieve Gold

55 step in,
step outs



Achieve Silver

45 step in,
step outs



Achieve Bronze

35 step in,
step outs

