

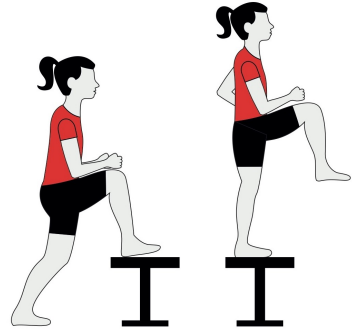


Step Ups 60 Second Challenge



Can you focus, concentrating on the step?

How many times can you step up and down a step in 60 seconds?



You must step up and down with one foot at a time. No jumping!

You need a step!

If you do not have a step use a foot pouffe or a stool.

Increase the number of steps!

Make it harder by stepping up and down two steps (stairs).

Compete as a family.

Adapt the challenge depending who is playing! You could step in and out of a circle.

Achieve Gold

60 step ups



Achieve Silver

45 step ups



Achieve Bronze

30 step ups



Complete P.E.
INSPIRE LEARN SUCCEED



**YOUTH
SPORT
TRUST**