



Super Slalom Run 60 Second Challenge



Do you consider how to use your body so that you can run as fast as possible?

How many slalom runs can you complete in 60 seconds?



Layout three objects three steps apart. You must run in and out of the objects and back to the start to complete one slalom run.



You need a safe space and three objects!

Use objects such as teddies and cans as markers.

Make it easier and see how many times you can run around one object in 60 seconds?



This game is best played outside in the garden with different family members.

Achieve Gold

24 slalom runs



Achieve Silver

18 slalom runs



Achieve Bronze

12 slalom runs

