



# 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

