

SPRING HALF-TERM (1) PERSONAL BEST CHALLENGE



CIRCLE STEP CHALLENGE

CIRCLE STEP OBJECTIVE:

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

EQUIPMENT NEEDED:

Hula hoop. You can just chalk a circle on the floor.

Stop watch / timer.

IMPLEMENTING THE CHALLENGE:

- Stand both feet inside the circle.
- When the timer starts, step both feet outside of the circle and return to both feet in the circle – this is one full step.
- You must step one foot at a time and don't jump!
- Receive one point for every full step you complete.
- REMEMBER – Always space out and HAVE FUN!!!!

RECORDING SCORES

The attached recording sheet asks for each participant first and best score.

NEXT LEVEL

Make the circle smaller.

Race against someone.

