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?

EQUIMENT 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

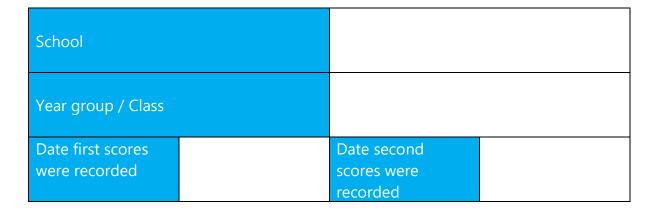
The attached recording sheet asks for each participant first and best score.

NEXT LEVEL

Make the circle smaller. Race against someone.



SPRING HALF-TERM (1) First -v- Best Score



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Child's first name	First score	Best score



