

STEP IN STEP OUT CHALLENGE



Equipment needed:

- Something to make a circle: draw on the floor with chalk, a hoop, skipping ropes, cones etc.

How many times can you step in and out of your circle in 60 seconds? Quick feet are the aim of this challenge!

Once you have had your turn, challenge somebody else to beat your score.

Don't forget to tweet your efforts and include us in your tweet @StHelensSG



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