

# 60 Second Challenge

## Super Slalom Run

Can you try and run as fast as possible?

### The Physical Challenge

How many slalom runs can you complete in 60 seconds?

Layout 3 objects 3 steps apart, you must run in and out of the objects and back to the start to complete 1 slalom run.



**#StayHomeStayActive**

### Equipment

A safe space and 3 objects.

This activity is best played outside, where you have lots of space.

#### Achieve Gold

20 Slalom Runs



#### Achieve Silver

18 Slalom Runs



#### Achieve Bronze

12 Slalom Runs

