

THE CHALLENGES

ASTEROID RUN

CHALLENGE VIDEO

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EQUIPMENT
4 markers

TOP TIP: focus on sharp turns to dodge around the cones

SET UP
Set up 4 markers in a square, 2 steps apart.

TO PLAY
On 'Go', run around the outside of the markers, the asteroids, whilst avoiding touching them.

SCORING

Complete as many circuits as possible in 60 seconds. You score 1 point for every circuit completed.

SPACE WALK

CHALLENGE VIDEO

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EQUIPMENT
2 markers

TOP TIP: Take your time to not lose your balance & control.

SET UP
Set up 2 markers, 3 steps apart on a painted line.

TO PLAY
Start at 1 end of the space walk with both feet on the line. On 'Go' walk along the line. Once you have reached the end of the spacewalk touch the marker with your foot, before returning to the start, now walking backwards along the line. Repeat. If you step off the spacewalk, start again.

SCORING

Complete as many space walks as possible in 60 seconds. You score 1 point for every marker reached.

LAUNCH PAD

CHALLENGE VIDEO

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EQUIPMENT
2 floor spots

TOP TIP: Maintain your balance when landing

SET UP
Set up 2 floor spots, 1 step apart.

TO PLAY
Starting behind a marker, jump 2 feet to 2 feet past the 2nd marker. Then turnaround and jump back again. Repeat.

SCORING

Complete as many jumps as possible in 60 seconds. You score 1 point every time you jump.