

# 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.



### Equipment

A safe space and  
3 objects.

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