



PE SKILL SCHOOL

CHALLENGE #13

STEP UP CHALLENGE!

HOW MANY STEP UPS CAN YOU DO IN 30 SECONDS?



RULES!

- 1) You need stair, curb, step, or anything you can step up to.
- 2) Start with both feet on the floor.
- 3) Step one leg at a time onto your step.
- 4) Step one leg at a time back to the floor. This counts as one step.
- 5) Complete as many as you can in 30 seconds.



TIPS!

- Keep your weight on the balls of your feet.
- Try and focus on your feet making as little contact with the surface as possible.

WHAT'S YOUR STANDARD?



22 26 30