



**Planet
Education**
Inspiring lives through sport



WEDNESDAY

FAST FEET CHALLENGE

**HOW MANY TIMES CAN YOU GET YOUR
FEET 'ON & OFF' A SECURE OBJECT IN
30 SECONDS?**

Suitable footwear & clothing

Safe & clear space

Start with both feet off of an object, using quick steps, place one foot after the other onto the object, before taking them off one after the other try and remain on the balls of your feet or your tip toes.

non slip object - Rug, mat, step.

Record your score, and try and beat it!

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