



How many times can you step in and step out of a circle in 60 seconds?



You must step in and out of the circle, one foot at a time. Both feet must step into the circle and then out again. No jumping!

Mark out a circle.
Use chalk or a hula hoop or other material to mark out a circle on the floor.

Challenge!
Can you step in and out from the same spot? How about from different spots?

Challenge someone!
Mark out two circles so you can compete against someone. Who can step the most?

Achieve Gold

55 step in,
step outs



Achieve Silver

45 step in,
step outs



Achieve Bronze

35 step in,
step outs



Once you have completed the task you can record your achievement on a sheet of paper, a form from the PlayOn website or by clicking [HERE](#) and submitting your results. Once you are complete you will be awarded a PlayOn medal on the average of your results - have fun and show some grit, determination and perseverance.