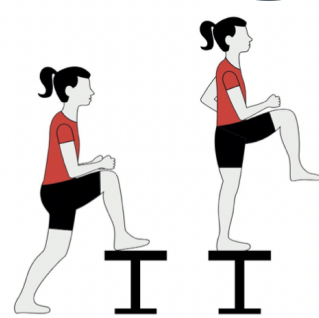


How many times can you step up and down a step in 60 seconds?



You must step up and down with one foot at a time. No jumping!

**You need a ball and a wall!**  
If you do not have a ball, use a rolled up pair of socks.

**Don't drop it!**  
Each time you drop the ball take five seconds off your time!

With a partner, throw and catch the ball against a wall. Challenge each other to get as many in 60 seconds as you can.

**Achieve Gold**

**60** step ups



**Achieve Silver**

**45** step ups



**Achieve Bronze**

**30** step ups



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.