



How many slalom runs can you complete in 60 seconds?



Layout three objects three steps apart. You must run in and out of the objects and back to the start to complete one slalom run.



**You need a safe space and three objects.**  
Use objects as markers for your course. Cones would be ideal.

Make it easier and see how many times you can run around one object in 60 seconds.



This challenge is best completed outside.



**Achieve Gold**  
24 slalom runs



**Achieve Silver**  
18 slalom runs



**Achieve Bronze**  
12 slalom runs



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.