



The Manor
Preparatory School



60 Second Challenge

SUPER SLALOM RUN

Can you try
and run as
fast
as possible?

The Physical Challenge

How many slalom runs can you
complete in 60 seconds?

Layout 3 objects 3 steps apart, you must run in
and out of the objects and back to the start to
complete 1 slalom run.



EQUIPMENT

A safe space and 3 objects

This activity is best played outside, where you have lots of space.