





Sports For
Champions UK®
Community Interest Company

CHAMPIONS ACADEMY

PE SESSION

STEP UP CHALLENGE

How to Play:

-  Find a set of stairs.
-  Set a timer for a minute and step up and down with both feet while counting how many times both of your feet return to the starting point.



GOLD:

**45
Step Ups**



SILVER:

**30
Step Ups**



BRONZE:

**20
Step Ups**



Make it Easier:

- Extend the time limit.
- Use a smaller set of steps!
- Count a point for every step up or down you make.

Make it Harder:

- Clap your hands above your head every time you step up.

ENJOY THIS EXERCISE?

To find more just head over to
www.sportsforchampions.com