## Physical Activity Challenge

## October

## Fast Feet!

Level $1 \quad$| Facing forwards. One foot in front of |
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| line, one behind. Swap feet as fast as you |
| can. |

## Level 2 Feet together, standing one side of the line. Jump sideways across the line.

Level 3 Stand behind line. Jump, landing on right then left foot. Repeat moving backwards.


