

equipment:

- Use a box or a step to work on.
- If not accessible, use a bag or suitable household item to tap.

how to score:

- How many steps can you complete in 30 seconds?



how to play:

- Tap the step with the bottom of your right foot, then tap with the bottom of your left foot.
- Repeat this and keep going until the time is up.
- How many can you complete in 30 seconds?
- *Try and beat your previous score.*