

Beat the PE Teacher 30 Second Challenge Step-Ups



The Challenge:

Step up onto the step, one foot after the other. Then step back down onto the floor, one foot after the other. This counts as one step-up.

How many step-ups can you do in 30 seconds?

Equipment:

The bottom step of the stairs, a doorstep or a low bench; don't use anything that is higher than the middle of your shin.

Physical fact: Step-ups use lots of the muscles of your lower body, such as your glutes, hamstrings and calves. They will help improve your strength for things like running, swimming and cycling.

Fun fact: Climbing 632 steps is the equivalent of climbing the height of Big Ben in London!

Can you beat our Twinkl Teacher score of 18 step-ups? Good Luck!



Score

How did you get on with this activity?

Silver challenge:
11 - 20 step-ups



Gold challenge:
21 step-ups or more



Bronze challenge:
1 - 10 step-ups

