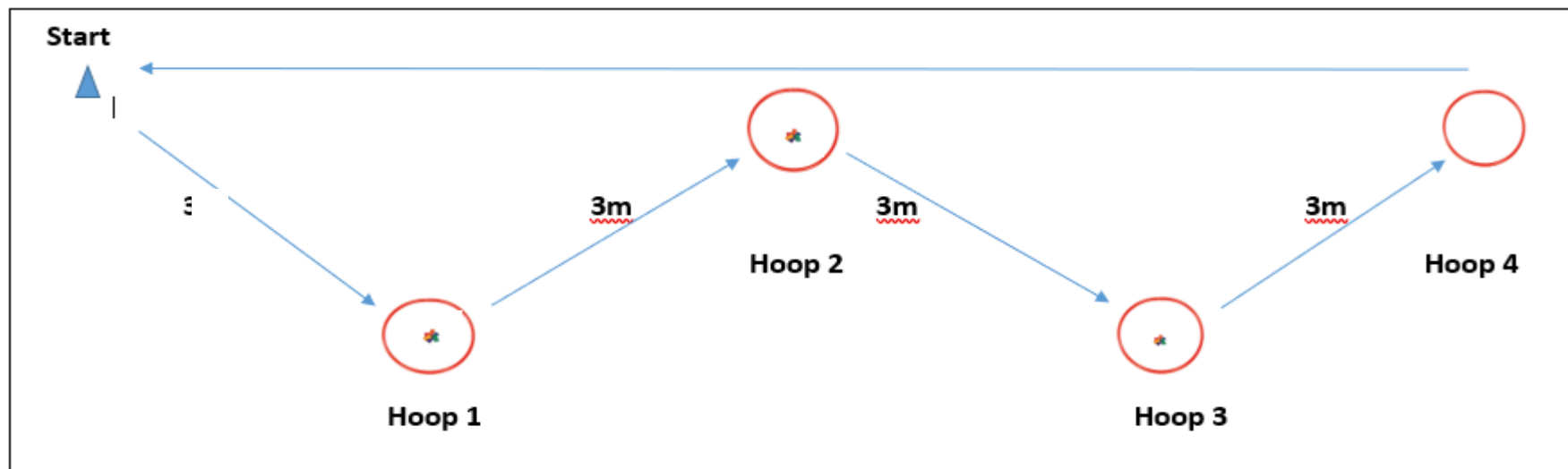


Fast Feet Challenge



What to do:-

- Set the course up as above, placing 6 beanbags in each of hoops 1, 2 & 3.
- Player starts by the cone.
- They run the zig-zag to hoops 1, 2 & 3 collecting 1 beanbag from each as they go and place them in hoop 4. They run round hoop 4 and straight back to the start cone. This is repeated for 30 secs.
- At the end of the 30 secs the player scores a point for all the beanbags in hoop 4 and any they have in their hand.

Video Link

<https://www.youtube.com/watch?v=pc4eQu5Pdt4&feature=youtu.be>



Equipment
4 hoops
1 cone
18 beanbags
1 stopwatch