



WEEK 7

STEP UPS CHALLENGE

This challenge has been set by **Darcy** from **Haringey** and **Izzy** from **Richmond**
Watch the challenge video on the LYG website from 9am on Monday 8th March [here](#)

Challenge Description:

How many step ups can you do in 30 seconds?

Scoring:

You will receive 1 point each time you complete a step up onto a box/step.

Adaptations of Challenge:

- To make this challenge slightly easier try using a lower step/box. Alternatively, to make the challenge slightly harder, try using a higher box and increase your speed.
- The challenge can be done outdoors or indoors.

Coaching Tips:

Remember to keep yourself balanced when doing the step ups, trying not to wobble side-to-side. Use your arms to drive yourself up and maintain a steady pace for the whole challenge.

Benefits From Challenge:

This challenge will help improve your footwork, co-ordination and leg muscle strength.

Remember to submit your scores before Friday 12th March at 12.00pm via the London Youth Games [website](#). Make sure to your share videos of your challenge attempts on Instagram, Twitter, Facebook and TikTok using #ThisIsLYG