



OPEN
VIRTUAL
GAMES

WEEK 8 – ATHLETICS SUPER SLALOM CHALLENGE

This challenge has been set by **Alex** from **Lewisham**
You can watch the challenge video on the London Youth Games [website](#)

Challenge Description:

How many slalom runs can you complete in 60 seconds?

Scoring:

You must weave in and out of the objects and back to the start.
Each end of the course reached equals 1 point.



Adapt for Space and Equipment:

This challenge can be done indoors or outdoors. You can use any household objects as your markers. Times can be recorded using any standard stopwatch, including a smartphone app.

Adapt for Ability and Inclusivity:

You can complete this challenge at a pace that suits you. You can do it running, walking, in a wheelchair, or with assistance. You can try shortening the distance or increasing the amount of space between the markers to make this challenge slightly easier.

Coaching Tips:

It is a good idea to practise the course before the real thing! Be sure to complete the entire course.

Benefits From Challenge:

This challenge will help improve your speed and mobility.

Remember to submit your scores before Wednesday 7th April at 12.00pm via the London Youth Games [website](#). Share your challenge attempts on [Instagram](#), [Twitter](#), [Facebook](#) and [TikTok](#) using #ThisIsLYG to be in with a chance of winning our weekly MVP award and some Nike swag.

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