

JUST ONE STEP

Materials:

- One 60cm hoop.
- Three lengths of bungee cord, each about 60cm long.

Preparation:

You need a space which allows for about 3 meters' separation between participants. Spread the participants so that they are no closer than 3 meters apart. Each participant receives a number in ascending order from 1 to the number of participants in the group. The numbers should be given randomly.

Instructions to the participants:

Your objective is for all participants to pass through the hoop in minimum time.

Rules:

- You may pass through the hoop only according to the order of ascending numbers that you were allocated.
- You may not touch the hoop and the hoop may not touch the ground or the floor. Each penalty will add 10 seconds to your final time.
- You may hold the ends of the bungee cords only – you may not hold them in the middle.
- Timing will start the moment the first participant passes through the hoop and will stop when the last participant passes through the hoop.
- Each participant is permitted to take just one step in each attempt.

The group has 20 minutes or 4 attempts to perform the tasks – whichever comes first.

