



RL ONLINE OLYMPICS

Instructions **Week five**

Step **Up's** Challenge

Watch this weeks
instruction video
[here.](#)

See if you can
help your school
to the top of the
league

Download this
weeks entry form
[here.](#)

Share your
pictures and
videos with us on
[twitter](#) or
[instagram](#)

[How to take part](#)

1. Watch the instruction video on [youtube.](#)
2. You will need a step and a stopwatch.
3. Both feet must go on top of step and back down to complete 1.
4. Please be careful not to fall from the step.
5. How many steps can you do in 30 seconds.
6. Upload your results to us using the [cognito form](#) link don't forget to fill out all your details.

