

# Disclaimer

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Move between the track of objects, turning each one over as you pass it. It requires quick, light movements on your feet and changing direction.

## Equipment

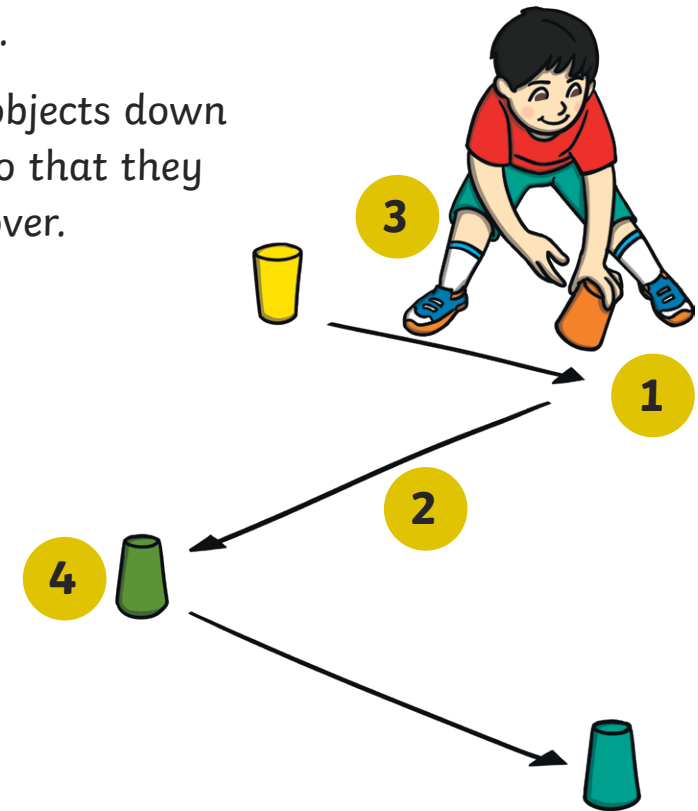
A timer and five objects, such as beakers, that can be turned over one way and then the other.



## What to do

1. Set up the five objects in a zigzag formation similar to the layout in the picture.
2. You will be timed as you move through the track, turning each object over as you pass it.
3. Once you get to the end, turn around and move back through the track putting the objects back the other way.
4. You will have one minute for this and will score one point for each full set of objects you turn over.

- 1 Get down low to turn over the objects, bending from the knees.
- 2 Move quickly between the objects, staying nice and light on your feet.
- 3 Use a sidestepping action between the objects.
- 4 Place the objects down carefully so that they don't fall over.



Watch the video [here](#) to see how it is done.