



# Field Day/Spirit Day 2020



## Line Hop Challenge

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**Type of Activity:** Individual and family

### Equipment Needed:

- ★ A line
- ★ A timer (watch, phone etc....)

### Directions:

Each participant has 60 seconds to do feet together lateral line hops. You may do this individually or compete against a family member. Share your number of line hops completed!

**Video Link:** <https://youtu.be/-t9NbGaK6Zs>