

### how to score:

- Perform jumping jacks for 30 seconds, rest for 30 seconds, then perform again.
- Can you do this 5 times?
- How many jumping jacks can you complete in 30 seconds?



### how to play:

- Stand tall with your feet together and arms by your side.
- Jump in the air, stretching your arms out wide and moving your legs shoulder width apart.
- Jump again, this time bringing your arms down and your feet back together.

This document is for guidance only.

Please consider individual child requirements and carry out a risk assessment of facilities and equipment before activities.