

how to score:

- Perform 15 squat jumps, rest for 1 minute, then perform again.
- Can you do this 5 times?
- How high can you jump from your squat position?



how to play:

- Stand tall with your feet shoulder width apart.
- Bend your knees until you are in a 'sitting position' (squat).
- Keep your back straight, bring your arms up to balance.
- Jump in the air, push through your feet to explode high in the air. Land on the balls of your feet with knees bent.

This document is for guidance only.

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