

# Star Jump Challenge



**How many star jumps can you complete in 60 seconds?**

- Make sure you have enough space around you.
- Extend your legs and your arms to the sides as you jump, can you clap your hands above your head?
- If you find jumping tricky, clap your hands above your head whilst toe tapping to the side or knee raise.



**Can you maintain your technique even when you are tired?**

**SCHOOL  
GAMES**



**Active Schools Are  
Stronger Schools**

