

Squat Jumps

How to do it:

- ✓ Stand tall with your feet shoulder width apart.
- ✓ Bend your knees until you are in a 'sitting' position.
- ✓ 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 and immediately squat again.

What to do:

- 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?

This document is for guidance only. Please consider individual pupil requirements, and carry out risk assessment of facilities and equipment before your lesson