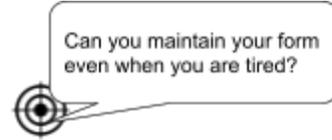
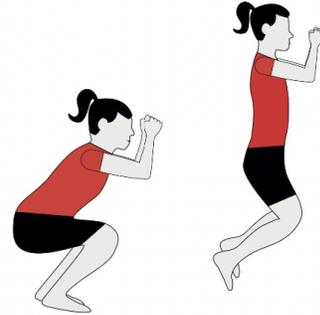




Squat Jumps 60 Second Challenge



How many squat jumps can you perform in 60 seconds?



Stand behind a line and jump forwards, perform a squat and repeat.

No equipment is required.
You will need an open and safe space. Form is more important than speed.

Challenge!
Touch the floor after each star jump to make it harder.

Challenge someone!
Try jumping in different ways for 60 seconds. Who can you challenge?

Achieve Gold
35 squat jumps 

Achieve Silver
25 squat jumps 

Achieve Bronze
10 squat jumps 

Once you have completed the task you can record your achievement on a sheet of paper, a form from the PlayOn website or by clicking [HERE](#) and submitting your results. Once you are complete you will be awarded a PlayOn medal on the average of your results - have fun and show some grit, determination and perseverance.