



How many star jumps can you complete in 60 seconds?



Make sure you clap your hands, with straight arms, above your head and bring your feet together.

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
60 star jumps 

Achieve Silver
45 star jumps 

Achieve Bronze
30 star 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.