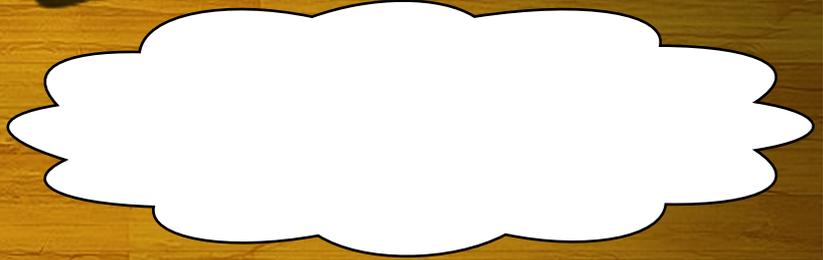




PE SKILL SCHOOL

CHALLENGE #3

SQUAT CHALLENGE



RULES!

- 1) You need a bin and something to balance on your head (Beanbag or rolled up socks)
- 2) Turn the bin upside down.
- 3) Place the beanbag or socks on your head.
- 4) Squat so that your bottom touches the bin.
- 5) Count as many as you can do before the beanbag or socks fall off your head.

TIPS!

- Keep your chest up and your shoulders back.
- Look forward at all times.
- Slow and steady, don't try and rush.

WHAT'S YOUR STANDARD?



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