



Get Set 4 P.E.

Star jump challenge

What you need: A little space so tuck your chairs in before you begin.

How to play:

- Pupils work with a partner. One jumps whilst the other counts.
- The teacher times the pupils for 1 minute.
- How many star jumps can they complete in this time?
- Change over.
- Repeat the activity twice. Can they beat their first score?

