COWBOY SQUAT

Squat down as your arms pull up. Stand up as your arms go down. Kneel tight. Back straight. Feet shoulder-width apart. Knee mustn’t go over foot.

WHY?
- Developing strength in legs and stability of the knee joints

WHERE?
- Classroom
- Corridors
- School hall

WHEN?
- Beginning and end of lessons
- Energiser during lessons

WOW!
- Increase depth of squat
- Increase duration of squatting
- Call out numbers in a sequence or letters to spell out a word each time you squat

INTENSITY
- Hands by sides
- Hands on hips
- Hands rise as body squats (like riding a horse)