**POWER RANGER**

- **WHY?**
  - Developing strength in legs and stability of the knee joints
  - Developing the use of both sides of the body

- **WHERE?**
  - Classroom
  - School hall

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

- **WOW!**
  - Increase time of squatting
  - Place feet further apart
  - Squat counting in steps of a number, e.g. 2s, 10s, 50s

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**INTENSITY**

- **Arms held still**
- **Arms pulled down to the side (bending at the elbow) level with the shoulder**
- **Deeper squat coordinated with the arms**

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**Active Kids Do Better**

**Active Classroom**

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**Made to Play**

**Discovery Education**