

All Saints Active Challenge

This week's challenge is...

Build your
Cardio fitness!

2.6 Jump Challenge

Check our YouTube channel for demos!

Choose 6 jumps

Do 26 of each jump

Complete this 2 times!

Star Jumps

Skipping

Tuck Jumps

Speed Jump



Key Points...

> Remember to bend your knees to gain height, distance and speed!

> Your arms are just as important as your legs when jumping.

> Stay light-footed by keeping on your toes.

Week 6!



Can you come up with different types of jumps?