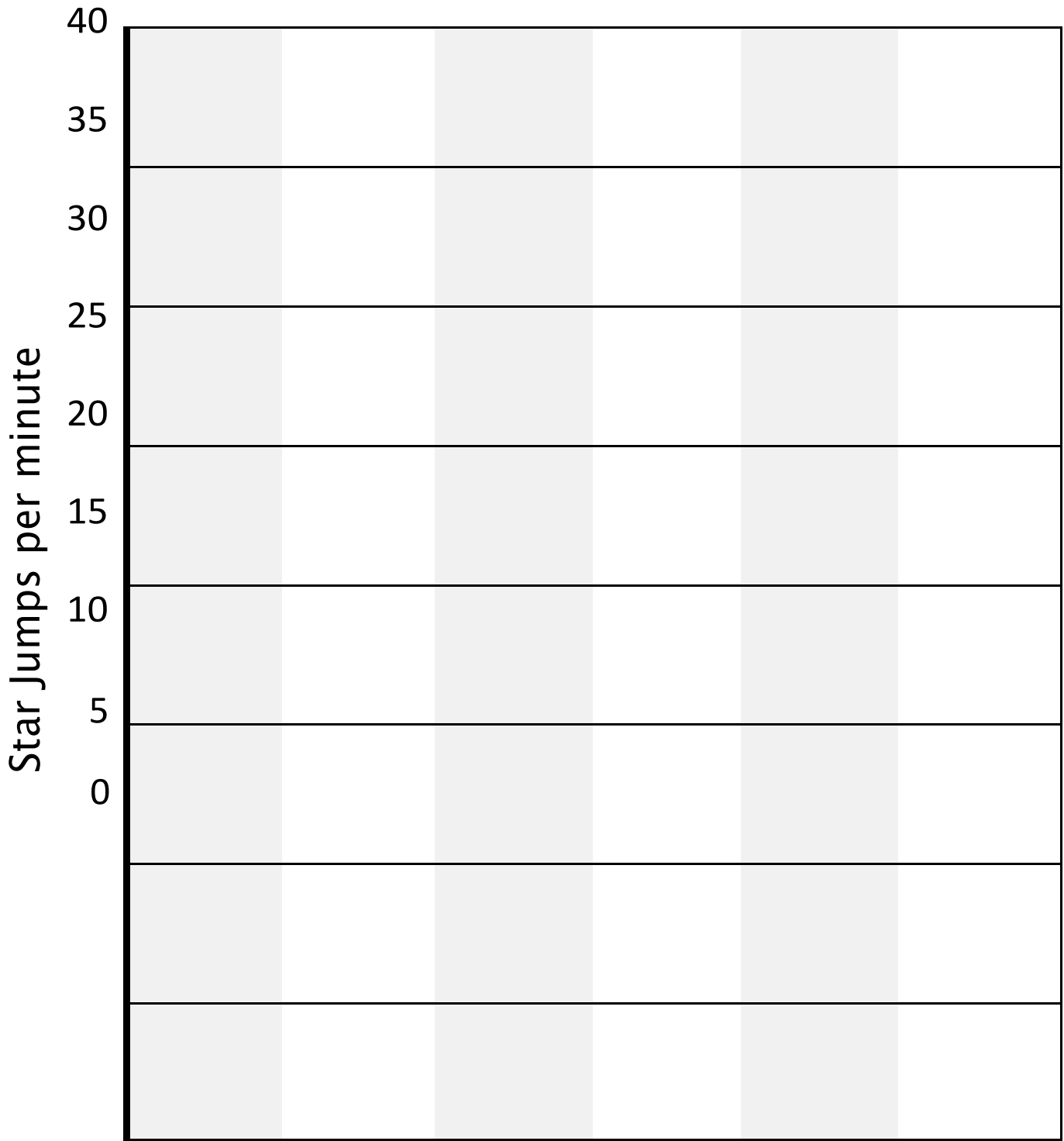




# KINDERGARTEN WEEK 5 STAR JUMP CHALLENGE





1. On what day did you do the most star jumps in 1 minute?

---

---

---

---

2. Which muscles in your body felt tired after this exercise? Why do you think this is?

---

---

---

---

3. What other exercise could you think of that would work on strengthening this muscle group ?

---

---

---

---

4. Did your results improve throughout the week? Why do you think this is?

---

---

---

---