



WEEK 3

JUMPING JACKS

This challenge has been set by **Daphne** from **Kensington & Chelsea** and **Jamani** from **Enfield**

Watch the challenge video on the LYG website from 9am on Monday 1st February [here](#)

Challenge Description:

How many Jumping Jacks can you do in 30 seconds?

Scoring:

You will receive 1 point for each Jumping Jack you complete.

Adaptations of Challenge:

- To adapt the challenge, instead of jumping, step out one side at a time making sure you still extend your arms and legs as much as you can.
- To increase the difficulty of the challenge you could increase your speed or hold a light weight or weighted object when jumping.
- The challenge can be done outdoors or indoors.

Coaching Tips:

Remember to ensure you create enough space around you to extend your arms and legs when jumping out. Try to keep a controlled pace to ensure you score maximum points. Make sure you lift your arms up and create a wide movement.

Benefits From Challenge:

This challenge will help improve co-ordination, timing and whole-body strength.

Remember to submit your scores before Friday 5th February at 12.00pm via the London Youth Games [website](#). Make sure to your share videos of your challenge attempts on Instagram, Twitter, Facebook and TikTok using #ThisIsLYG