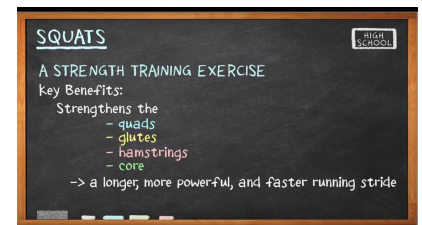




Squat Review

Begin activity by demonstrating the proper form of the squat and having participants try the movement. Provide feedback as required.

- Stand with feet facing forward, shoulder width or slightly wider apart.
- Slowly and fluidly, bend your knees and lower the body, extending the arms out in front for balance if helpful.
- Pause.
- Slowly rise back up and then repeat the action.



Activity Instructions

- Place participants in pairs.
- Pairs face each other with a few feet between them (they can hold hands if they want).
- When you play music or say “Go,” one partner squats and comes up, and then the other does the same so that their actions resemble those of a seesaw.
- The goal of the game is to not be caught in the downward motion of the squat when the music stops or when you say “Stop.”
- After a few rounds, have the participants find new partners.
- Adjust the length of each round to the fitness level of participants.