

Challenge Card 5

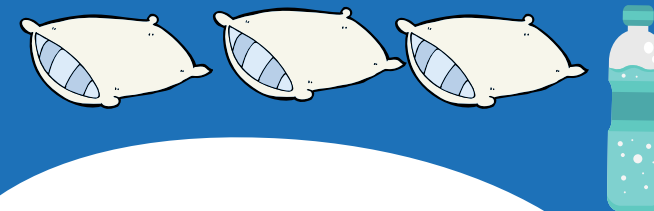
Sporting Challenge

See if you can complete a two-footed jump over a pillow 5 times.

Additional Challenge

Try adding extra pillows to your tower, each time you do 5 jumps add in another pillow.

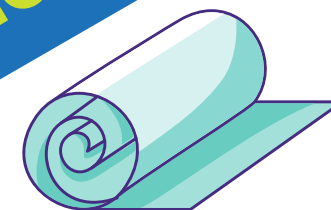
Equipment



Teaching points

- Make sure you check where the pillow is before you jump.
- Land on two feet bend your knees and use your arms to help you land safely.

Health Challenge



Can you complete today's yoga challenge



[Watch the video here](#)

Charity number: 1175899



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