



SQUAT CHALLENGE

BRAIN BOOT STRATEGIES

CLASSROOM APPLICATION

"My kids love doing squats! They would challenge each other to see who could get the lowest to the ground."

Recommendations

- This strategy is easy to implement without advanced planning.
- This is especially useful on days when outdoor recess/PE is not an option due to weather.
- Sharing the photo of the athlete doing the squat can be important for helping students understand the correct form.
- This can easily be modified if you don't have access to AV equipment by pointing up or down or holding up or down arrows while music plays.



VIRGINIA
Chief Movement Officer

A graphic of a rainbow arch composed of small, multi-colored squares in shades of blue, green, yellow, orange, and red.
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