



# COWBOY SQUAT



## INTENSITY

- Hands by sides
- Hands on hips
- Hands rise as body squats (like riding a horse)

## WHY?

- Developing strength in legs and stability of the knee joints

## WHERE?

- Classroom
- Corridors
- School hall

## WHEN?

- Beginning and end of lessons
- Energiser during lessons

## WOW!

- Increase depth of squat
- Increase duration of squatting
- Call out numbers in a sequence or letters to spell out a word each time you squat

Fold along line