## Squat and Shoot

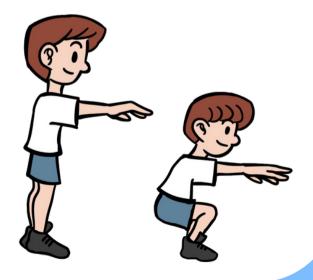


## **What you need:** 2 balls or pairs of socks, two pots, two plus players.

## How to play:

- Each player has a ball. They begin 3–4 steps away from the pots.
- Players race to throw their ball into one of the pots. First to four successful throws wins the round.
- In between each throw you must complete 10 squats.
- In the next round change the exercise you need to complete in between the throws.

Make this easier by using a bigger pot.



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Who won the most rounds?