

SQUAT

The images below are real-life examples of a child performing a squat. Please note that although form is generally good, the skill may not yet be fully mastered.

Child's name: Class:

Head neutral

Arms horizontal & straight

Bottom tucked under

Knees & feet together

Feet flat, supporting body weight

Tensed abdominal muscles

I have been practising my squat at home!

Parent/carer's name: Date: