



FROG SQUAT

*I grew up as a tadpole
but now my favourite thing
is squatting on a lily pad
to see how high I can spring.*

PURPOSE

- Strengthens your legs, to help you to run faster and jump higher
- Can help you feel calm, alert and ready to learn



INSTRUCTIONS

1. Stand with your feet slightly wider than your shoulders, and toes turned slightly outwards
2. Hang your hands in front of you
3. Bend your knees and reach your hips back
4. Squat down until your hanging hands touch the floor
5. Push your feet and hands into the floor to stand up straight
6. Lower yourself back down to the starting position, and repeat



WATCH FOR

- Eyes looking forward
- Back straight
- Shoulders higher than hips
- Knees kept wide (facing over your toes)



MODIFICATIONS

- Do the Frog Squat with a sturdy chair just behind you. Squat down only until you feel your bottom touch the chair and then stand back up to the start position.
- Seated: Place your feet wider than your shoulders and knees wide. Lean forward with a straight back and put your hands on the front of your seat. Push down with your hands (and feet if possible) to lift your bottom off the chair slightly. Then sit back down.

MORE CHALLENGING

- Do the Frog Squat jumping up instead of standing up. Land in the starting position softly and with your knees bent.
- If you have enough space, try jumping along the floor like a frog.



MAKE IT MULTI-SENSORY

- Pretend there's a tasty fly passing by. Use your powerful legs to push yourself up, and gobble it up. "Yum Yum!!"



BALL SKILLS

In the Frog Squat position, try bouncing a ball. See how many bounces in a row you can do with both hands together, then with your right hand, then with your left hand. Keep your bounces small and controlled, and make sure to keep a good frog technique (knees wide, and back straight).



FUN AND GAMES

Draw this green tree frog using the dotted lines and boxes as a guide

