



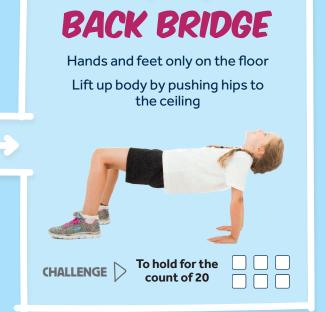




Bend knees into a crouch position to touch the floor







Did you know?

Drinking too many sugary drinks is bad for your body, especially your teeth!



You completed the challenge!

Can you complete this 6 times in total before your next assessment?

Tick a ☐ box each time you complete a challenge