**Star Jumper**

*YouTube Video Demo*

**What you need:** 6 (or more) plastic cups

The object of this game is to star jump over as many cups as you can.

Start with 1 cup. Stand with the cup in front of you on the floor. Bend your knees to build power and then star jump over the cup to the other side.

Next, stack a cup on top of the cup you just cleared. Jump back over the 2-cup stack.

Continue stacking your cups as high as you can and clearing them with a star jump. Record the number of cups cleared each day for 5 days and track your progress.

**How many cups did you jump?**

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<th>Day 1 Score</th>
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**Reflection questions:**

1) What exercises can you perform to help increase the power in your legs?

2) What do you think will happen to your Star Jumper performance over time if you perform that exercise at least 3 times per week?