



On your marks,
get set, jump!
How many
will you do?



Speedy Star Jumps

What you'll need:

- Stopwatch
- 100ml sports drink
- 100ml non-sports drink option – water

To make the sports drink:

- 2 litre measuring jug
- Large stirrer
- 50-70g sugar
- 1 litre of warm water
- A pinch of salt
- 200ml of sugar free squash

How you do it:

1. Mix the sugar, salt and sugar free squash with the warm water.
2. Stir well until the sugar and salt have dissolved.
3. Drink your 100ml of sports drink or water and get ready...
4. **Go!** When the timer starts do as many star jumps as you can in 20 seconds.

How does it work?

People get the energy they need to move around from breaking down 'fuel' molecules. When sugar (a carbohydrate) is broken down inside your body, the reaction releases energy. Sports drinks contain lots of sugar, which can be broken down to release lots of energy during exercise. They also contain a bit of salt to replace the salt you lose when you sweat

As with all experiments, make sure you have a responsible person supervise you at all times. And remember to have fun!

Scan the QR code to watch a video

