

Personal Best Challenge: Speed Bounce



Equipment:

- Hurdle/Obstacle (something small enough to jump over)
- Stopwatch/Clock

Instructions:

- How many speed bounces can you complete in 20 seconds?
- Starting with two feet on the ground and jumping from side to side over the hurdle/obstacle.
- You must take off on two feet and land on two feet.
- If you hit or touch the hurdle/obstacle your jump doesn't count.



How will this help me?

- My counting skills will help me with my maths.
- Will improve my jumping and landing skills.
- Good for agility.

What else could i try?

- How many can you complete in 40 seconds?
- Can you try it jumping backwards and forwards?
- Challenge yourself to jump on one foot.