

## WEEK 1 - CHALLENGE

### At Home Challenge

#### OVERVIEW

**AIM:** To bounce over a pillow or rolled-up towel as many times as possible in 30 seconds.

#### Set Up and Rules

Place a pillow or rolled-up towel in a suitable space – bedroom/lounge.

Upon the instruction of go, bounce two-footed from side to side, over the pillow or rolled-up towel.

Complete as many as you can in 30 seconds.

Record your score and try and improve.

#### COACHING TIPS

Keep knees bent, use small quick bounces and do not jump too high as this loses time.

## Speed Bounce

#### EQUIPMENT NEEDED

- Watch or timer
- Pillow or rolled-up towel to jump over

#### SCORING & JUDGING

Each Pupil has 30 seconds to complete as many bounces over the pillow or rolled-up towel as possible.

Both feet must land over the pillow or towel for the jump to count.

Parent/sibling should give the starting instructions, time 30 seconds and count the number of successful bounces.