WEEK 1 - CHALLENGE

At Home Challenge

Speed Bounce

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.

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 o towel for the jump to count.

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