

ATHLETICS: SPEED BOUNCE

part of the Cornwall Virtual School Games

#CORNWALLVSG2020 | #STAYINWORKOUT

ACHIEVE THE CHALLENGE:

The aim of the challenge is to achieve as many speed bounces in 30 seconds as you can

HOW TO PLAY:

1. Set up a line / short barrier to jump over
2. Stand close to the barrier by your side, whilst facing forward
3. When the time starts, jump with two feet together to the other side of the barrier and then jump back
4. Repeat this until time is up

EQUIPMENT

- Something to jump over e.g. cones, household items such as a cereal box, clothing etc
- A stopwatch or someone to count your jumps

ADAPTATIONS FOR AGE / ABILITY

- If you find it difficult to rebound and jump continuously, take your time to make sure your technique is really good for each jump you make
- You can challenge yourself by seeing how fast you can go!

PLAY THE VIDEO

Watch how the game is played [here!](#)

SAFETY

Ensure playing area is safe and clear.

If you are substituting equipment for household items, do not use anything with sharp edges that could cause injury



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SCORING

- Your score is how many two footed jumps you can make in 30 seconds

TIPS

- Face forward, keep legs and feet together and use your arms to balance

BONUS POINTS:

Bonus points can be achieved by **tagging us on Facebook @CornwallSchoolGames** with any of the following:

- 1 point for a photo of you completing challenge
- 1 point for every family member and year group teacher who tries the challenge in the photo
- 1 point for completing it in fancy dress
- 1 point for posting a video telling us how you have engaged with one of the 5 Ways to Wellbeing: *Connect, Be Active, Take Notice, Keep Learning & Give*



Don't forget to include your name, school & year group in your posts so we know who you are!



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