



SPEED BOUNCE

This game will help children to develop their agility

EQUIPMENT:

- Object to jump over – you could use a broom handle or piece of wood
- Timer

HOW TO PLAY:

Standing on one side of the object, jump over and back again. You have 30 seconds to jump as many times as you can. Feet must be together for the bounce to count.

1. Jump sideways
2. Jump forward and back
3. Hop over and back (try on each foot)
4. Tuck jump

MAKE IT EASIER:

Make the object on the floor totally flat

Allow feet to come apart if struggling to do a 2 foot jump

MAKE IT MORE OF A CHALLENGE:

Make the object you are jumping over higher (more like a hurdle)

Increase the time to develop endurance

SCORING:

Each jump over and back scores 1 point.

Make this a personal challenge by trying to beat your score each time or making it harder!

RECORDING YOUR BEST AT HOME:

Can you practice and get better every day?

Name:				
Date	Score 1	Score 2	Score 3	Average



MINI SPEED BOUNCE

HOW TO SCORE:

Each jump over and back scores 1 point.

Make this a personal challenge by trying to beat your score each time or making it harder!

No.	Name	Score 1	Score 2	Score 3	Average
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