

# Athletics: Speed Bounce



## How many times can you bounce over an object in 60 seconds?

- To make a speed bounce you can use a rolled towel, skipping rope, tape etc to make a straight line on a flat surface.
- Jump two-footed from side to side over your home-made speed bounce as many times as possible in 60 continuous seconds. (If you don't land on two feet you don't get a point but keep going!)
- If you find jumping tricky, step over the line/ rolled towel however you can (point every time two feet are on the same side).
- Wheelchair users- lift feet up & down on foot plates or roll over the line
- If you are jumping or stepping only 'clean' movements count



with your scoring.

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