

## WEEK 1 - CHALLENGE

### In School Challenge

#### OVERVIEW

**AIM:** To bounce over a speed bounce wedge as many times as possible in 30 seconds.

#### Set Up and Rules

Place a speed bounce mat with wedge attached in a space in the hall or classroom.

Upon the instruction of go, bounce two-footed from side to side, over the speed bounce wedge.

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

- Stop Watch
- Speed Bounce mat/low hurdle or floor line to jump over

#### SCORING & JUDGING

Each Pupil has 30 seconds to complete as many bounces over the centre wedge/floor line as possible.

Both feet must land over the wedge for the jump to count

Partner/Sports Leader should give the starting instructions, time 30 seconds and count the number of successful bounces