



# PE SKILL SCHOOL

## CHALLENGE #7

### SPEED BOUNCE CHALLENGE!

HOW MANY SPEED  
BOUNCES CAN YOU DO IN 30  
SECONDS?



### RULES!

- 1) Use a jumper or something similar as your marker.
- 2) All jumps must be made Facing Forwards.
- 3) Jumps must be from two feet and must land on two feet. Legs must be kept together.
- 4) Jump from one side of the marker to the other as quickly as possible.
- 5) Complete as many as you can in 30 seconds.

### TIPS!

- Land and take off on the balls of the feet.
- Keep your knees bent.
- Maintain your balance at all times, use your arms and core to stabilise yourself.

### WHAT'S YOUR STANDARD?



48 56 64