

CHALLENGE ONE : SPEED BOUNCE

AIM The aim of this challenge is to see how many times you can jump across the line fully with your feet together in the given time. One correct jump is when both feet take off together and land at the same time on the other side of the line. Start on one side of the line and jump over to the other side and then back again as many times as possible. Count your score.

Year 1&2 - 20 seconds

Year 3&4 - 25 seconds

Year 5&6 - 30 seconds

Yr7-11 - 30 seconds



WATCH VIDEO [HTTPS://BIT.LY/EHOVKIU](https://bit.ly/ehovkiu)

WHERE? This challenge can be completed at home or in school. Use one of the following to create your own line to jump over instead; a chalk line on the floor, a straight playground line, draw a line with your finger on a sandy beach, a rolled up towel or a line of socks! There is no minimum jump height required so a flat line is permitted.

TOP TIP Bend your knees to generate power to jump back over the line quicker!



CHALLENGE TWO : SPRINT

AIM Each participant runs the 5m course as fast as they can to complete the distance stipulated below for the year groups. You must run around the outside of the cones without touching them. A parent/teacher/adult helper must time the run (time to 2 decimal places i.e. 30.45 seconds).

Year 1&2 - 4 x 5m (20 metres)

Year 3&4 - 6 x 5m (30 metres)

Year 5&6 - 8 x 5m (40 metres)

Yr7-11 - 10 x 5m (50 metres)



WHERE? This challenge can be completed at home or in school. Mark out a flat 5 m course using a tape measure, phone app or metre ruler. Be creative for markers, you could use cones, jumpers, flowers or teddies.

WATCH VIDEO [HTTPS://BIT.LY/EHZH2NF](https://bit.ly/ehzh2nf)

TOP TIP Keep close to the outside of the cones on the bend for a quicker time!



CHALLENGE THREE : STAR JUMPS

AIM To complete as many star jumps as you can in 1 minute! Start standing with your feet shoulder width apart and hands by your sides, one complete Star Jump is when you jump into a position with your legs spread wide with hands going overhead, touching, and then returning to the start position. Repeat as many times as possible! All year groups have 1 minute to do as many Star Jumps as possible



TOP TIP

Land softly by bending your knees ready to spring into the next star jump!

WATCH VIDEO [HTTPS://BIT.LY/EE9T6IE](https://bit.ly/ee9t6ie)

WHERE This challenge can be completed at home or at school. You just need some space!

