

Weekly Challenge

This week we are looking for you to work on your movement by doing some speed bounces. We would like you to put in 5 minutes worth of practise every day as well as a timed 30 second bounce at the end. There are some pictures below to show you what a speed bounce looks like.

Important things to know:

- You must jump from 2 feet and land on 2 feet each time.
 - You jump side ways – not forward and backwards.
 - You must land over the object in the middle, not on it.
- If you are in Foundation or KS1 jump over something low, something around tennis ball size. KS2 try something larger maybe something just smaller than Football/Netball size (You can jump over anything – it doesn't have to be a ball – it could even be a volcano!!)



Name:

School:

Year:

Record your results below and send the below results to the following email
with a chance to win a prize when we return to school!

Pchadwick@vale-academy.org

Day	Bounces in 30 seconds
Monday	
Tuesday	
Wednesday	
Thursday	
Friday	

Thanks everyone. Stay safe and keep doing PE!

Mr Chadwick and Mrs Lawton