

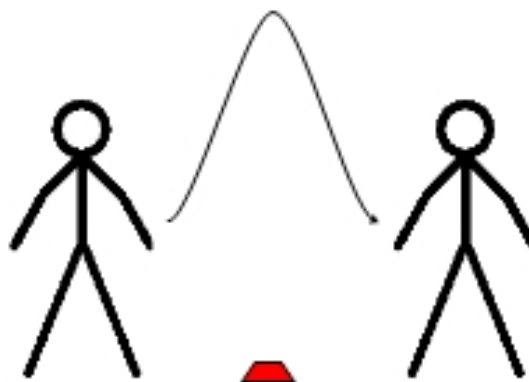


Speed Bounce

Age Group: Key Stage 2

How to set up:

- Place the Speed Bounce mat on the floor or
Place a cone on the floor
- Ensure the stopwatch is ready



Use speed bounce mat if available

Equipment:

- Stopwatch
- Speed Bounce Mat or
- Soft Marker Cone

How to play:

- Children take turns to jump over the speed bounce mat (or marker cone) as many times as they can in 30 seconds
- Children must jump with two feet together
- 1 child will use the stopwatch to time 30 seconds
- Another child will count the total amount of jumps
- Children will have one turn each

How to Score:

- One child will count each time they jump over the speed bounce mat or marker cone
- 1 Jump = 1 Point
- Record the number of jumps each child performs