

A-Z School Games Challenge

S – School Games Mark Challenge –Speed Bounce

We would love to see you all being active and improving your physical skills, keep us updated (via Twitter) with your efforts using the #StayInWorkOut @ThinkActiveCSW



Safety: please wear suitable shoes that are fastened securely, and make sure you are competing in a safe space!

Equipment: Create a line on the floor using; chalk, a small towel, a ruler, a long sock, or any other long flat item that you can jump over

Speed Bounce

- Keep two feet together, bend your knees and swing your arms to jump over the centre of the mat and back again.
- Remember to bend your knees when landing, and land on the balls of your feet.
- Both feet must touch each side of the mat at the same time.
- Each jump over the middle of the mat is worth 1 point.



How many bounces can you Achieve in 30 seconds?



	Key Stage 1	Key Stage 2	Secondary
SCHOOL GAMES PLATINUM	31-40	41-50	51-60
SCHOOL GAMES GOLD	21-30	31-40	41-50
SCHOOL GAMES SILVER	11-20	21-30	31-40
SCHOOL GAMES BRONZE	0-10	10-20	21-30

Adaptations – make this challenge work for you;

- Use a stepping action (one foot at a time) instead of jumping with both feet at once.
- Hold the hands of an adult to support you as you jump from one side to the other.
- Wheelchair users/physical disability: set up two parallel lines on the floor 2.5m apart. Move from side to side touching one line, then the other. The distance can be adapted to suit the individual athlete.



Did you know:

The **School Games Mark** is a nationally accredited awards scheme, which rewards schools and other educational establishments for their commitment to and development of; competition, school sport, physical education and physical activity.

It is an award that all schools can apply for, and we have received an incredible **35,500** School Games Mark applications since the scheme was first launched in 2012.

Applications are divided into four sets of questions, and cover the following basic topics...

- **Participation** - people at your school that are engaging in sporting activity
- **Competition** - variety of sports and number of competitions are being entered
- **Workforce** – leadership activity participation alongside competitions
- **Clubs** - local links with clubs in the area

Applications are graded against: **bronze, silver, or gold** criteria, and schools with consistent gold level applications are also given the opportunity to apply for the **platinum** award.



Fun Fact – Speed Bounce is an indoor athletics event, and is included in the CSW School Games county finals 5 times across the school year; KS1 Infant Agility, SEND Primary & Secondary Sportshall Athletics, and Primary & Secondary Sportshall county competitions.

Take a look here for some ideas on how to complete the challenge at home - <https://youtu.be/jB1NWH0qpTA>

FOLLOW, RETWEET, GET INVOLVED!