

Spar Lancashire School Games PB Sports Day

Sports Day Activity 3: Speed Bounce

ACTIVITY/SKILL	OVERVIEW
<p>SPEED BOUNCE</p> <p>Video Demonstration</p>	<div data-bbox="696 368 808 400" style="text-align: center;">TOP VIEW</div> <div data-bbox="472 432 875 687"> <p>Cones set up one behind the other or folded tea towel</p> </div> <div data-bbox="696 715 808 746" style="text-align: center;">SIDE VIEW</div> <div data-bbox="674 767 831 1070"> </div> <div data-bbox="1144 344 2018 520" style="border: 1px solid red; padding: 5px;"> <p>Equipment:</p> <ul style="list-style-type: none"> • 2x cones or a tea towel folded as a marker to jump over • Parent/Carer or sibling - Stopwatch </div> <div data-bbox="1144 536 2018 799" style="border: 1px solid blue; padding: 5px;"> <p>Tips to Improve:</p> <ol style="list-style-type: none"> 1. Jump over your cones from left to right as fast as possible. 2. Must jump from 2 feet to 2 feet 3. Jump sideways, always facing the same way – forwards. 4. Try to jump just over the cones as close as possible without touching them. 5. Try to get into a rhythm </div> <div data-bbox="1144 823 2018 1278" style="border: 1px solid green; padding: 5px;"> <p>Set up and Take Part:</p> <ol style="list-style-type: none"> 1. Place your two cones, one behind the other and slightly touching or place your folded tea towel down to jump over 2. Standing next to your cones/towel on two feet. 3. Whoever is timing shouts 'go' and times 20 seconds for Reception, Year 1 and Year 2 or 30 seconds for Years 3-6. 4. On 'go' the child start to Speed Bounce by jumping sideways over their cones and back repeatedly for the duration, trying to get as many bounces as possible. Count them as you go. 5. Only bounces that land two footed count. How many jumps that have been completed is your score. 6. Try to beat your score but remember to have a rest between each go 7. Challenge your parent/carers or sibling to have a go. </div>