



PHYSICAL

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## Speed Bounce

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**Overview:** This is highly recommended for any children to play sports with quick changes in direction, like tennis, football or basketball.

**Time:** 10 minutes.

**Equipment required:** Open space, clock or watch, soft object as the wedge.

### Benefits:

- Fantastic way to build agility.
- Challenges children to control their speed and stamina.
- Builds strength and power in the legs and ankles.

### The Game:

1. Find an open space that is safe, with no furniture or hard surfaces close to you.
2. Find an object that won't break if it's stood on. This is called the "wedge". Something like a small cushion is perfect.
3. Begin with your child(ren) standing next to the Wedge, feet together.
4. They must complete as many bounces as possible, jumping from side to side, in 60 seconds.
5. They score one point every time they return to the starting position.

### Rules and Tips:

1. Both feet must touch each side of the floor for each bounce to count.
2. A bounce is not counted if you land on the wedge.
3. If the wedge is touched but both feet still cross to other side then the bounce is counted.
4. Don't go too fast too soon! 60 seconds is a long time to jump.
5. Once you have your school, take a rest and see if you can improve on it.