

**School Games Virtual Challenges**

Challenge: Speed Bounce

When: Monday 1st Feb – Sunday 7th January

How many bounces can you do in 30 seconds?

A bouncer develops core stability, balance, agility, and rhythm. These vital skills will improve leg speed and ability to accelerate.

* Place something flat on the floor that you could jump over e.g., a rolled-up towel
* The bouncer must jump with two feet side to side over the line.
* The bouncer has 30 seconds to complete as many bounces as they can.

**The winners will be:**

* Most bounces for each year group
* School which bounced the most!

Send your results to [spatching@ramseyacademy.com](mailto:spatching@ramseyacademy.com) before Monday 8th Feb including:

Name:

School:

Gender:

Year Group:

Bounces Achieved: