

Personal Best Physical Challenge

Personal best is where you improve your personal performance and reaching your individual goals

Day 1 Physical Challenge – Speed Bounce

Reception - How many speed bounces can you do in 10 seconds

Key Stage 1 - How many speed bounces can you do in 15 seconds

Key Stage 2 - How many speed bounces can you do in 20 seconds

The aim of the activity:

- You should jump from side to side over the wedge

Easier:

- For younger children: Let them bounce on the spot, then jump sideways over the wedge, then bounce on the spot, then sideways back over the wedge and so on.
- Make a smaller wedge or even use a line



Body

- Bounces are smooth
- Hips stay level, legs move
- Focus on a forward point
- Arms help with your balance
- Start carefully and build a rhythm

Safety

- Don't do this on a slipper floor.
- Don't use anything hard or that could roll for your wedge.

As you are at home, please see below how you can make your own speed bounce

Equipment required:



Stop watch



Rolled up towel

Adapting your equipment:

- Stop watch – check a mobile phone to see if it has a stop watch.
- You could make your own wedge using a towel, roll it up.

First score

Best Score

Take a photo / video and show us how you are doing via twitter @HarrogateSSP

You can find other activities by visiting: <https://www.harrogatessp.com/physical-activity-2/>

Don't forget to write down your scores on your April recording sheet which can be downloaded from <https://www.harrogatessp.com/home-personal-best-challenge/>