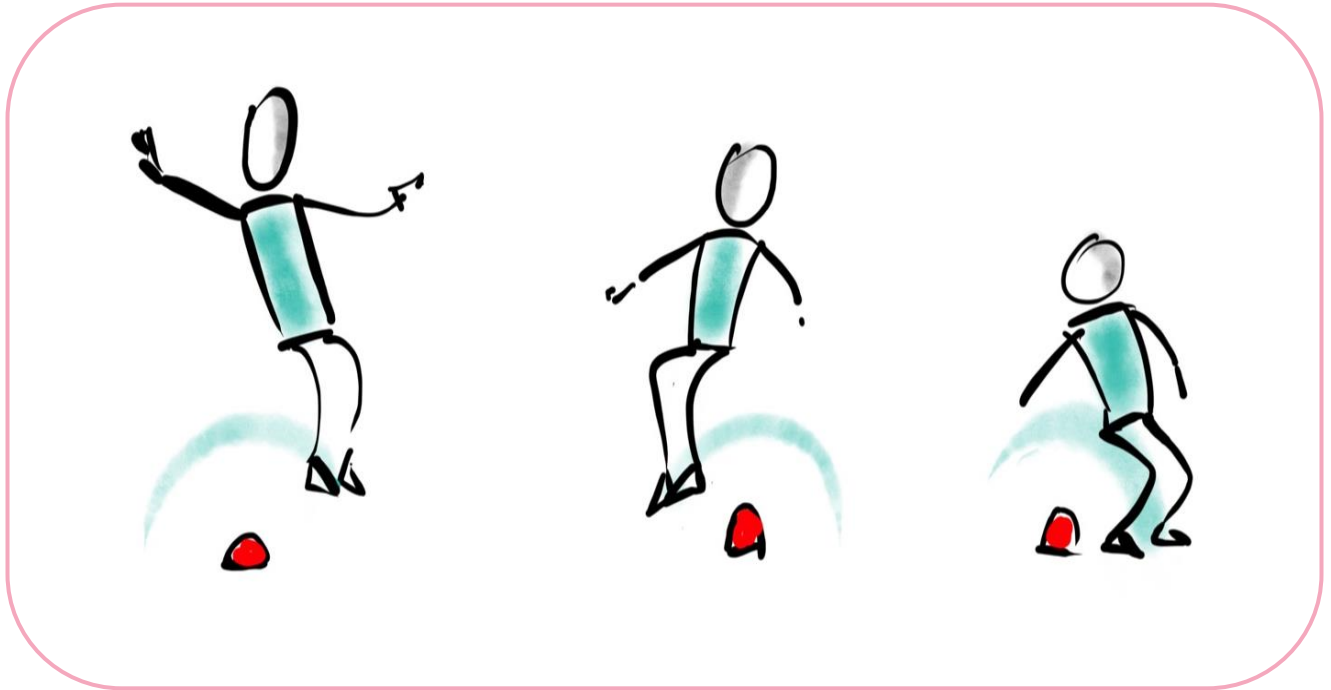


how to set up:

- Use a rolled up 'towel' or similar small object that you can jump over side to side.
- Place the object in a good space.



how to play:

- Jump over the object (towel) as many times as you can.
- Jumps must be done with both feet together, and in a sideways movement.
- A family member can time for 30 seconds.
- Another family member will count the number of jumps and record the score of the speed bounce.
- One jump = 1 point.
- See how many jumps each family member can complete in 30 seconds.

This resource supplements a full plan available at www.PEplanning.org.uk.

Please consider individual child requirements and carry out a risk assessment of facilities and equipment before your lesson.