



Speed Bounce Challenge



We are challenging everyone at Lapage Primary School to take part in a speed bounce challenge.

We would like children to practise and complete the challenge at home, then record their best scores and report back to their class teacher.

All you need to complete the challenge is a safe space, a rolled up towel and a timer.

The class with the best cumulative score in each year group will win a bag of extra playground toys.

Challenge 1: Perform a 2 footed jump over the rolled up towel as many times as you can in 20 seconds.

Challenge 2: Jump forwards and backwards over the rolled up towel as many times as you can in 20 secs.

Challenge 3: Perform as many leaps over the rolled up towel as you can in 20 seconds.

Videos of how to perform each challenge are available on the school website.