



Speed Bounce

Objective: To record how many jumps you can make over the 'hurdle' in 30 seconds.

Levels: There are two levels available:

1. Flat - for athletes who cannot yet safely jump (two-footed) over a raised object.
2. Raised - for athletes who can safely jump (two-footed) over a raised object.

Equipment:

- Jumping area (*somewhere soft i.e. garden, non-slip mat*)
 - *If using a mat, this must be a non-slip mat for safety purposes.*
- Stopwatch or phone
- 'Hurdle' - at both levels this must be a minimum length of 50cm
 - Flat (*i.e. tape measure, strip of paper, rope*)
 - Raised - should be 10cm in height (*i.e. rolled-up towel, folded cardboard box*)

Process: Place the hurdle in the jumping area, athletes should stand side-on to the hurdle, feet together and jump sideways across/over the 'hurdle'. Athletes should continue this side-to-side motion for 30 seconds.



The athlete receives one point each time they jump across/over the 'hurdle'.

Rules:

- The athlete can take as many attempts as they wish, with the highest score submitted as their score.

Score: The total number of points an athlete receives in 30 seconds should be submitted as their score (*e.g. 15 points*)