

# PE HOME LEARNING CHALLENGE CARD

## Challenge 10: Speed Bounce



### Brief

This challenge combines both PE and maths! Place an item on the floor. This could be a skipping rope, a ruler or even a pillow or a cushion. See how many times you can bounce over it in 60 seconds. Both feet must land the other side of the item for it to count!

Have a competition with your family to see how many you can do, then create a bar chart or pictogram to show your scores!



### Rules

- ◆ 60 second time limit
- ◆ Must be 2-footed jumps
- ◆ Both feet must land the other side of the item for the jump to count.

**Bronze - 30 bounces in 60 seconds**

**Silver - 50 bounces in 60 seconds**

**Gold - 70+ bounces in 60 seconds**