

SPEED ENDURANCE SECONDARY SCHOOL CHALLENGE: 1 – 5TH JUNE 2020

This competition is a test of speed, rhythm & coordination.

- Roll up a towel and place it on a hard surface
- See how many jumps you can do over the towel from side to side. You must start with 2 feet and land with 2 feet.
- Both feet must land over the towel to count as a bounce!

Secondary Challenge:

- If you are in Year 7,8,9,10,11 or 12 - you must use a large towel (bath or beach!)
- How many jumps can you do in **45 seconds?**
- Make a note of your first attempt and your best attempt

How to Enter:

All entries must be submitted via the link below.

Entries to the 'Speed Bounce Challenge' will close at 5PM on Friday 5th June.

<https://www.activehw.co.uk/forms/view/speed-bounce1>

Results:

Please tune in for our Worcestershire Virtual School Games Week taking place every day between Monday 6th - Friday 10th July 2020 at 10.30am via Zoom/YouTube. Results for the Speed Bounce competition will be announced on Tuesday 7th July!

Inclusivity:

School Games is for everyone. For activity adaptations, please contact our Lead Inclusion School for the county at: ct167@chadsgrove.worcs.sch.uk.

Social Media:

We would love to see your participation in any of the Worcestershire Virtual School Games Activities. Tag us on Twitter & use #WorcsVirtualSG

