



VIRTUAL

SPORTS DAY

2020

KEY STAGE 2

What ?



SPEED BOUNCE!

You Will Need:

» **Rope, String or Bathrobe Cord**

Why ?



- **Children can change direction and speed easily**
- **Children can explore how to jump**
- **Children can complete simple movement phrases**
- **Children can jump and land safely from a different levels**

How ?



- ① **Place the rope/string/cord flat on the floor**
- ② **Stand with both feet together on one side of the cord - facing in line rather than towards it**
- ③ **Complete a side jump over with both feet landing together and knees bent**
- ④ **Record how many jumps that you can complete in 30 seconds**

#HavingFunSafely

