

Islington Personal Challenges

Week 7: Speed Bounce



- You will need an item such as a cone, hurdle or speed bounce mat
- Participants jump from side to side over the marker
- Players must jump and land with 2 feet
- 20 seconds to see how many times you can jump back and forth over the marker.
- Each time successfully over the marker counts as 1.

[See here for a video demonstration](#)

The speed bounce challenge involves jumping side to side but is a challenge focused on balance, coordination and transferring weight. This will be useful in many everyday activities and sports activities where balance and shifting weight under control or quickly are important such as athletics, gymnastics, handball, basketball and netball. The image to the right highlights the key coaching points for the speed bounce.

- Arms out to side can help with balance
- Keep the upper body relaxed and still
- Keep both feet together
- Drive up and shift hips towards the side you're jumping to manoeuvre over the marker
- Land on balls of the feet
- Try to bounce back up and over the marker as soon as you land



To take part in the Islington virtual competition submit your scores to sports@islington.gov.uk (children remain anonymous)

For the full range of resources for the Islington Personal Challenges including the challenge poster for displays, tracking sheet for displays, score sheet for the challenges, current leaderboards across Islington, plus past challenges visit www.islingtoncs.org/pesspa

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Examples of how you could use or fit the personal challenge into the school day

PE Lessons

For key stage 1 and 2 the challenge could best be used within a jumping or athletics based lesson where either a smaller amount of time is spent on everyone practicing the same jump at the same time or rotate around other field athletics or jumping activities such as the standing long jump and vertical jump. Either way provides pupils plenty of opportunity to practice and quality repetitions to work on continuous jumping to control and transfer their weight.

Practically everyone could follow the speed bounce challenge individually and at the same time allowing staff to observe and provide feedback. Alternatively pupils could be split into small groups with pupils jumping, counting jumps, timing jumps and providing feedback to peers.

Alternatively the challenge could possibly feature as part of a gymnastics based lesson. It might be used as part of the warm up to raise the heart rate and links pupils to jumping. The challenge could be used as a little test of physical ability or used as an introductory activity to jumping and landing before building towards more progressive jumping and landing activities or mounting and dismounting apparatus.

For more information on PE planning and guidance, visit www.islingtoncs.org/pesspa

Extra-Curricular: Break and Lunchtimes or clubs

The challenge could be used as part of an extra-curricular club such as an Athletics club to practice for Islington competitions such as Sportshall Athletics. It could also be used for a fitness type session as it is intense and explosive so raises the heart rate quickly over a few seconds.

Additionally the speed bounce requires little space and not much time to attempt so is a good option for any in school competition as it can be setup, ran and managed simply and is still a fun challenge.

During a break or lunchtime, staff or young leaders could be allocated a space to setup and run the challenge for an activity pupils can attempt and practice during their break times. Making the challenge part of any playground zoning will help keep a safe space for the activity and also show pupils they can take part in the challenge. Seeing other pupils or their friends trying the challenge is a good way to capture other children's interest.

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