



## Battle of the Black Country

National School Sports Week 22<sup>nd</sup> – 26<sup>th</sup> June 2020

### Personal Challenges

**1: Speed Bounce** – How many times can you jump over the centre point in 30 seconds?

You can also try this sitting down by raising your knees to bring your feet up and over.

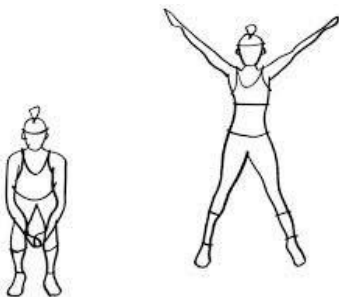
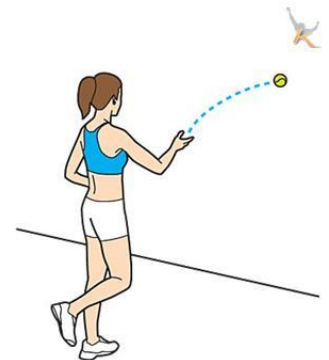


**2: Skipping** – How many successful times can you pass the skipping rope in 30 seconds?

To make this easier bring the rope over your head and carefully step over when the rope touches the floor.

**3: Rebound Catch** – Bouncing a ball off a wall or solid object, how many successful catches can you make in 30 seconds?

To make this easier allow a bounce before catching the ball.



**4: Star Jumps** – How many Star Jumps can you do in 30 seconds?

To make this easier try it sitting down and moving your arms and legs wide at the same time.

**5: Standing Long Jump** – Standing feet shoulder width apart, how far can you jump? (Take measurement from where heel lands)

To make this easier try taking a large step, take off with one foot and land on the other.

STANDING LONG JUMP

