



FITNESS CHALLENGES

WEEK 1 SPEED BOUNCE

This challenge has been set by **Emma** from **Barnet** and **Emmerson** from **Lewisham**
Watch the challenge video on the LYG website from 9am on Monday 18th January [here](#)

Challenge Description:

How many speed bounces can you do in 30 seconds?

Scoring:

You will receive 1 point for each bounce. Make sure both feet touch the floor.

Adaptations of Challenge:

- To adapt the challenge, instead of jumping with two feet, try placing one foot either side of the line, you get 1 point every time both feet have stepped down.
- If you are a wheelchair user, try moving either side of the line, you get 1 point every time you touch either side.
- The challenge can be done outdoors or indoors.
- If you don't have a speed bounce block, be creative and use any line or object to jump over.

Coaching Tips:

Remember not to rush the activity and try to stay close to the line to get as many jumps as you can. Try to rotate your hips, rather than moving your whole body. To help with your concentration, try finding a spot or object to focus on.

Benefits From Challenge:

This challenge will help improve mobility, quick thinking, concentration and timing.

Remember to submit your scores before Friday 22nd January at 12.00pm via the London Youth Games [website](#). Make sure to your share videos of your challenge attempts on Instagram, Twitter, Facebook and TikTok using #ThisIsLYG