



OPEN
VIRTUAL
GAMES

WEEK 8 – ATHLETICS SPEED BOUNCE CHALLENGE

This challenge has been set by **Oscar** from **Kingston**
You can watch the challenge video on the London Youth Games [website](#)

Challenge Description:

How many Speed Bounces can you do in 30 seconds?

Scoring:

You will receive 1 point for each bounce.



Adapt for Space and Equipment:

You can do this challenge indoors or outdoors. You can use any household object to jump over such as a pillow, a rolled-up towel or a line on the floor.

Adapt for Ability and Inclusivity:

If you have restricted mobility try using a smaller object or a line on the floor to jump over. You could also try doing a side step instead of jumping. If you are using a wheelchair, see how many times you can alternately touch two objects or lines placed either side of your front wheels.

Coaching Tips:

Remember not to rush the activity and try to stay close to the line to get as many jumps as you can. To help with your concentration, try finding a spot or object to focus on.

Benefits From Challenge:

This challenge can help improve your balance and coordination.

Remember to submit your scores before Wednesday 7th April at 12.00pm via the London Youth Games [website](#). Share your challenge attempts on [Instagram](#), [Twitter](#), [Facebook](#) and [TikTok](#) using #ThisIsLYG to be in with a chance of winning our weekly MVP award and some Nike swag.

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