

# 60-second challenge

## Speed bounce

### The Challenge

How many times can you bounce over a pillow in 60 seconds?

Both feet must stay together and land at the same time for the jump to count.



#### EQUIPMENT

A pillow

If you don't have a pillow, roll up a jumper or tracksuit bottoms.

Make sure you have enough floor space around you.

#### GOLD

60 Jumps

#### SILVER

40 Jumps

#### BRONZE

20 Jumps

Who can do the most speed bounces in your family ?



#Woodside #Lockdownchallenge