



Planet
Education

Inspiring lives through sport



MOVE IT MONDAY

SPEED BOUNCE

HOW MANY TIMES CAN YOU JUMP
(SIDE TO SIDE) OVER AN OBJECT IN 30
SECONDS?

Suitable footwear & clothing

Safe & clear space

A soft object to jump over (height: shin level or lower)

Try to jump from two feet to two feet

bend your knees when landing

Swing your arms to generate power and elevation