

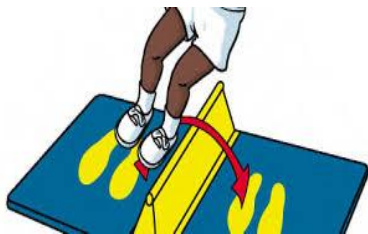
Its week 2 of the SSP Virtual Challenge Competition! Please see the information below on how to complete the challenge. You may wish to send this out to parents to engage those children at home and also use it for those children in school to complete.

## **Week 2**

**Activity:** Speed Bounce - How many jumps can you do in 30 seconds?

**Instructions:** Find an object in your house that you can jump over e.g. a rolled up towel. Jump side to side over the object as many times as you can in 30 seconds. Can you complete it each day and see if you can achieve a personal best by the end of the week?

**Extra Challenge:** Can you find a taller object to jump over?



Record the children's score and see if they can achieve a personal best by the end of the week. **The deadline for entries is 12 noon on Friday 3rd April.**

Pupils scores can be submitted via the Google form on the website using the following link: <http://www.threeriverswatfordssp.co.uk/personal-challenge/4594884649>