

Speed Bounce Side to Side Jumping Challenge

- How many times can you jump from side to side with your feet together in
- 20 seconds?
- Count how many then see if you can beat that, or challenge your family...

Extra challenges

20 seconds too easy, see if you can go for 30 seconds

Equipment

Something soft to jump over a rolled up blanket or towel a small cushion, a cuddly toy.



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