

# Virtual Competition

## Window 1: Superhero Speed Bounce

Focus: Personal Best



**GET AHEAD**  
PARTNERSHIP

EDUCATION. SPORT. WELLBEING

Week 1: Monday 21<sup>st</sup> September – Friday 2<sup>nd</sup> October 2020

Speed Bounce is an exciting test of speed, rhythm and coordination.

### Rules

- Speed Bounce is a two-footed jump in which an athlete must take off and land on both feet – whilst crossing a line.
- The athlete's feet should leave the ground simultaneously and land on the ground simultaneously on the other side of a line. N.B. to allow greater participation, the need to use a 20cm wedge has been removed, so that any line can be used.
- The athlete should jump over the line as many times as possible in the designated time below.

Age Group	Year 1 & 2	Year 3, 4, 5 & 6
Time	15 secs	20 secs

- Any athlete undertaking a trial and considered to be using an incorrect technique should be stopped, provided an explanation and permitted a fresh trial after an adequate rest period.
- The number of "good" bounces should be recorded, i.e. the number of times the athlete completes a two footed jump over the line.
- Any bounce in which the athlete lands on the line should not be counted
- As this competition is about personal best, an athlete's first attempt should be recorded in week 1, everyone should then be encouraged to practice throughout the week, with their final attempt being recorded in week 2.
- Those children who show the greatest improvement will win.

### Safety and COVID-19 guidance

- Any line can be used, but ensure the surface is clean and non-slip for all participants.
- Ensure leaders/officials are not face to face with athletes
- Reduce the equipment needed by using central timing for a group rather than individual stopwatches per line / group



Honesty with others and with yourself. Having the courage to do the right thing and what you know is right. Let the best person win not the best cheat

Result to be submitted via [www.letsgetahead.co.uk](http://www.letsgetahead.co.uk) by 6pm on Friday 2<sup>nd</sup> October

[www.letsgetahead.co.uk](http://www.letsgetahead.co.uk)