

# The Speed Bounce Challenge

## The Challenge

How many times can you jump side to side in 30 seconds?

- Place a flat object on the ground.
- Stand to the side of the object.
- Jump side to side over the object with both feet landing on the ground at the same time.
- How many times can you jump over the object in 30 seconds?
  
- Always have adult supervision.
- Make sure the surface is flat.
- Make sure the object is flat, a sock is perfect.
- Make sure there are no obstructions.

## What you need:

- 1 x flat object or line
- 1 x timer

