



# '1 a Day' Challenge: Speed Bounce



Are you honest  
and only count  
the jumps that are  
completed  
properly?

For the '1 a Day' Challenges consider how you can use the STEP tool to play inclusively. This is a simple way to adapt and make changes to activities, meaning they are more accessible. It stands for **Space, Task, Equipment, People**. You can change any of the elements to make the challenges accessible and inclusive.

**How many times  
can you bounce  
over an object  
in 60 seconds?**



Both feet must land over the object for the jump to count.

- S** Change the height of the object.
- T** Think about stepping or moving in a different way over the object.
- E** Replace the object with a line on the floor that you could roll or move over in a different way.
- P** Ask a partner to support you by holding your hand.

### 1. Take part

Try the challenge as a class or with family and friends. Take photos/videos of your attempt. Add up your total score.

### 2. Pass it on

Nominate your chosen school or person to beat your score by tagging them on social media with your attempt. Use **#NSSW2022** **@YouthSportTrust**

### 3. Donate to the Youth Sport Trust

Help us continue our mission and raise awareness of NSSW.