



WEEK 2 – MAIN ACTIVITY 2

SPEED BOUNCE – ACTIVITY CARD

FOCUS: Jump Technique & Speed

YEAR 5/6 (9–11 YEARS)

EVENT: Speed Bounce



ABOUT THE ACTIVITY

The speed bounce develops quick take-offs, rhythm and bounce control. Jump sideways over the wedge as quickly and consistently as possible for distance.



TRAINING TECHNIQUES

1

Starting Position

Stand side-on to the wedge, feet shoulder-width apart, toes behind the line.

2

Take-Off

Swing your arms forward and up and push off both feet together sideways.

3

Flight

Stay tall in the air and use your arms to help you travel sideways.

4

Landing

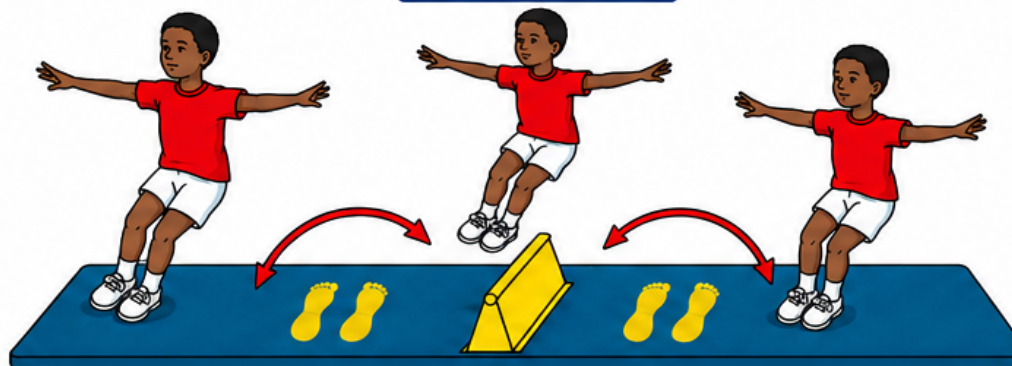
Land on both feet together with bent knees to absorb impact.

5

Recovery

Quickly bend your knees and bounce straight into the next jump.

SPEED BOUNCE



1. TAKE-OFF



Push off both feet together, sideways over the wedge.

2. BOUNCE OVER



Stay in the air and pass over the wedge.

3. LANDING



Land on both feet together, knees bent.

4. REPEAT



Bounce quickly into the next jump and keep going.

COMMON FAULTS TO AVOID

- ✗ Taking off with one foot
- ✗ Landing with stiff legs
- ✗ Not using an arm swing
- ✗ Stopping between jumps
- ✗ Leaning too far forward or backward
- ✗ Looking down at the floor



COACHING CUES

- ✓ Quick, springy take-offs.
- ✓ Swing your arms forward and up.
- ✓ Stay light on your toes.
- ✓ Land softly with bent knees.
- ✓ Keep your body tall in the air.
- ✓ Bounce quickly and keep your rhythm.
- ✓ Focus on speed and consistency.



MAKE IT EASIER

- Reduce the number of bounces (target 3–5).
- Increase the size/length of the wedge.
- Allow a practice go before measuring.
- Use a visual marker (tape or rope) to bounce toward.
- Work in pairs and take turns.



MAKE IT HARDER

- Increase the number of bounces (target 8, 10 or more).
- Use a smaller wedge.
- Add a time challenge (e.g. 20 seconds).
- Try for maximum distance in one go.
- Compete against a partner or personal best.
- Hold a light stopwatch tap between each jump to increase rhythm and speed.



SAFETY

- Ensure a clear runway and landing area.
- Check the floor is dry and free from obstacles.
- Land with knees bent to absorb impact.
- Wait behind the line until it's your turn.



CHALLENGE YOURSELF!

Can you beat your personal best?
Try to improve your distance or number of bounces each week!



THINK TEAM!

Encourage your teammates, celebrate their success and give constructive feedback.



BE ACTIVE



HAVE FUN



AIM HIGH



TOGETHER WE ACHIEVE

