



COMMONWEALTH GAMES CHALLENGE

WEEK 1 – ATHLETICS SPEED BOUNCE

Speed Bounce is a two-footed jump in which an athlete must take off and land on both feet – the athlete's feet should leave the mat simultaneously and land on the mat simultaneously. The athlete should cross the wedge as many times as possible in **20 seconds**

The number of "good" bounces should be recorded, i.e. the number of times the athlete completes a two footed jump over the wedge. Whilst any bounce in which the athlete lands on the wedge should not be counted, it is not an offence to clip or brush the wedge.

This challenge is all about your personal best so record your score and try and beat it each time!

