



SPRING INTO ACTION CAMPAIGN



WEEK 3 - SPEED BOUNCE CHALLENGE



Speed Bounce 60 Second Challenge

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

How many times can you bounce over a pillow in 60 seconds?



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

Jump over a pillow!
If you do not have a pillow, jump over a safe object!

Set a Record!
The most bounces in lockdown was 99. Can you set a new speed bounce record?

Compete against a family member!
If you touch the pillow you must stop bouncing.

Achieve Gold
70 bounces



Achieve Silver
50 bounces



Achieve Bronze
30 bounces




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CLICK THE ICON TO WATCH A VIDEO OF THE CHALLENGE