

**Week 6:**

Activity:

**60 second challenges: Squat jumps/Speed Bounce**

Complete the following movements and see how many you can complete in 60 seconds:

Be sure to write down your results so we can add them to our leaderboard!

**60 Second Challenge**  
**Squat Jumps**


Can you be honest when counting your score?

**The Physical Challenge**

How many squat jumps can you perform in 60 seconds?

Stand behind a line and jump forwards, perform a squat and repeat.

**#StayHomeStayActive**



**Equipment**

Just yourself and enough space on the floor!

Why not compete against a family member?

**Achieve Gold**   
30 Squat Jumps

**Achieve Silver**   
20 Squat Jumps

**Achieve Bronze**   
10 Squat Jumps

**60 Second Challenge**  
**Speed Bounce**

Are you honest? Only count the jumps that are completed properly.

**The Physical Challenge**

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

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

**#StayHomeStayActive**




**Equipment**

A pillow

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

**Achieve Gold**   
80 Bounces

**Achieve Silver**   
60 Bounces

**Achieve Bronze**   
40 Bounces

**How to log your results:**

Send an email from a parent/guardian's email address to us on [physical.education@nobel.herts.sch.uk](mailto:physical.education@nobel.herts.sch.uk) with screenshots of any distances you complete and any videos or photos of you completing the challenges – we'd love to see them!

We are currently in the process of creating a Nobel PE Instagram account (@nobelpe), so if your parents/guardians wish to give permission via email, we can share student achievements over the summer holidays. **Parents/guardians – please make sure this is clearly stated in the email that you give consent.**