

4. Speed Bounce Jumping

You will need: _____ A rope or a stick or something long and straight

Set up: Lay the rope or stick on ground to make a line



- Practice speed bouncing over the line. A speed bounce is a sideways jump across the line keeping both feet tightly together.
- Ask someone to time how long it takes you to cross the line 20 times.
- **Challenge:** Can you do 30 speed bounces in 30 seconds?

5. Balancing

You will need: Small space, Yoga tree pose picture



- Practice standing on your preferred leg in the 'Yoga Tree' pose that we learned in our sessions. Count elephants as you try it – 1 elephant, 2 elephants, 3 elephants, etc.
- Swap legs and see if you can balance for the same number of elephants on your other leg. Which leg is your best one?
- **Challenge:** Ask someone to time you for one minute and only count how many times you put the foot on the ground.
- Can you keep improving until you don't need to put a foot down at all?