

Speed Bounce Protocol

Equipment needed:	<ul style="list-style-type: none"> ● Area of hard or carpeted floor. ● Sufficient space to avoid any Health and Safety issues. ● Stop watch or similar (e.g smart phone) to time test. ● Gaffer tape or chalk (if outside). Sock pairs x 3 if inside ● PB:ME scorecard
Delivery format:	<ol style="list-style-type: none"> 1. Mark lines on the floor parallel to each other, exactly 6 inches / 15 cm apart or line up the socks 2. Pupil being tested stands with feet together on one side of the parallel lines. 3. Partner or scorer (Parent or family member) stands nearby to count jumps. 4. The pupil has one minute to complete as many side jumps / bounces as they can. 5. On the command "Go" the stopwatch is started. 6. The pupil jumps sideways in the air, over the lines, and places their feet outside of the lines - "one" count. 7. They then jump back to the start position, over the lines, with feet together - "two" count 8. This sequence is repeated for one minute. The score is the amount of jumps completed successfully, 9. The score is handed in to the HM who records it on the PB:ME group scorecard. 10. Pupils also record the score on their own card. <p>The test is repeated in the same way, every day.</p>