

Beat the PE Teacher 30 Second Challenge Side to Side Jump



View the linked video content [here](#) to see the challenge.

The Challenge:

How many times can you jump side to side over a cereal box in 30 seconds?

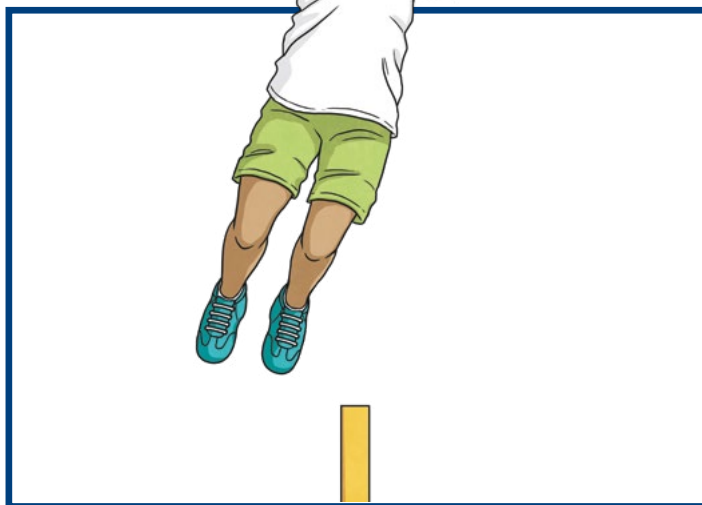
Make sure you use both feet to jump over the box.

Equipment:
Cereal box or other similar safe item, such as a cushion.

Physical fact: Practising jumping from side to side is really important for your balance and stability. It is also good cardio exercise.



Fun fact: A sifaka is a type of lemur. Sifakas move across the ground by doing a sideways jump!



Score

How did you get on with this activity?

Silver challenge:
16 - 25 bounces



Gold challenge:
26 or more bounces



Bronze challenge:
Up to 15 bounces

