

Bounce Break



Cardio Booster



2-3 minutes



Instructions

Set a timer for 2-3 minutes and ask pupils to bounce on the spot, imitating different animals that also bounce.

Health & Safety

- Ensure floors are clear of trip hazards
- Ensure pupils leave stationary on the table
- Remind pupils of their own spatial awareness
- Give clear instructions.

Teacher Tips

This activity is suited to all ages.

Foundation : Ask pupils to pretend to be a rabbit, frog or kangaroo by asking them to hop and bounce side to side, and jump on the spot.

Key Stage 1: Ask pupils to pretend to be a rabbit, frog or kangaroo by asking them to jump and bounce on the spot, side to side, forwards and backwards.

Key Stage 2: Ask pupils to hop and bounce side to side, jump with legs apart, include turns and criss cross jumps too. To increase the difficulty the teacher can ask pupils to turn 90, 180 and 160 degrees.



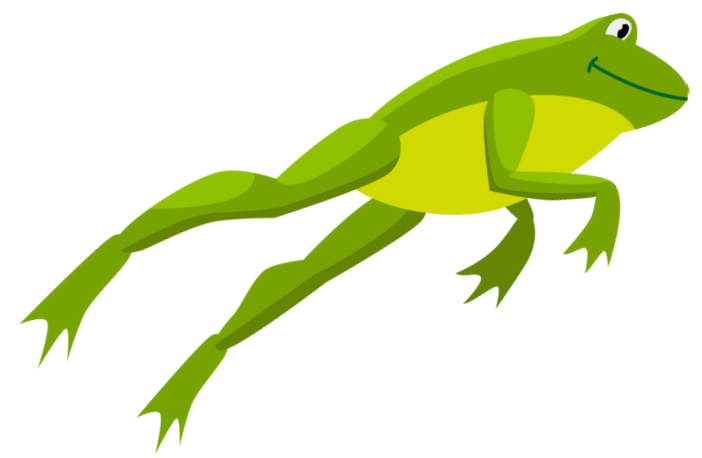
Chest
Heart &
Stroke

Bounce Break

This activity can be a great way of expending some energy from your pupils. Set a timer for 2-3 minutes and ask pupils to bounce on the spot! Ask the pupils to be creative and think about what animals they know that bounce too.

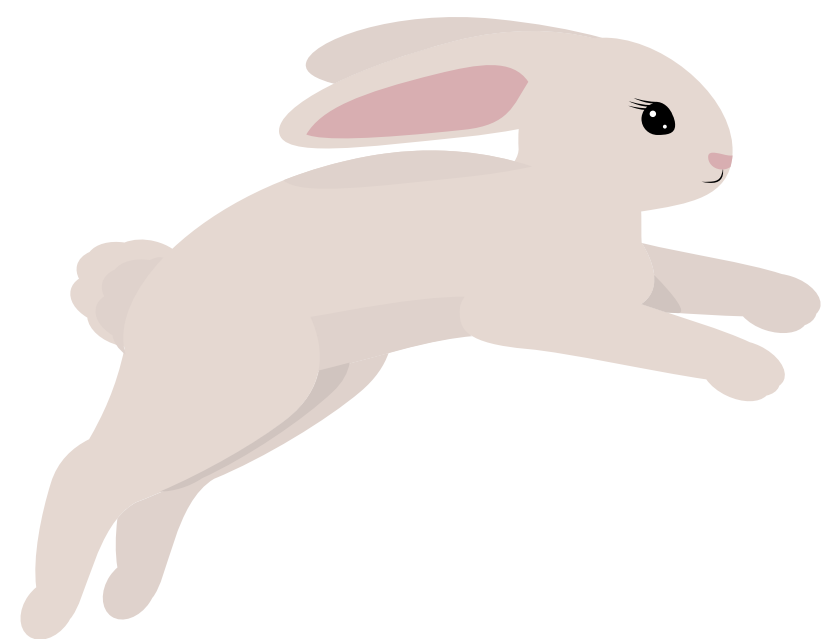
Foundation Example:

- Jump on the spot
- Move side to side
- Pretend to be a frog or a rabbit



Key Stage 1 Example:

- Jump with a mix of feet apart or together
- Jump like a frog
- Jump forwards or backwards
- Try hopping on one leg



Key Stage 2 Example:

- Jump from side to side
- Include turning
- Jump or hop forwards or backwards
- Try criss crossing their legs with each jump
- To increase difficulty, ask pupils to turn 90,180 or 360 degrees before they start their next jump

