Berkshire Active Virtual Games 2021 Fitness Frenzy

Challenge 1- Bunny Hops (agility)

Teacher Guidance link

<https://getberkshireactive.org/uploads/ks1-fitness-frenzy-guidance-and-challenges.pdf>

Score sheet

<https://getberkshireactive.org/uploads/paper-scoresheet-16.pdf?v=1608030555>

EQUIPMENT

None

TO PLAY

Pupils touch the floor with both hands then jump in the air with both hands raised. Then repeat.

TOP TIPS

Try to stay in one spot, place a marker (cone/piece of tape/rolled up socks) on the floor as a guide if it helps.

Get a family member to time and count your bunny hops for you.

SCORING

Complete as many jumps as possible in 60 seconds. You score 1 point per completed jump.

INSTRUCTION VIDEO

<https://www.youtube.com/watch?v=b_ShN2DVb34&feature=youtu.be>