



The Manor  
Preparatory School



# 60 Second Challenge

## BUNNY JUMPS

Can you keep going even when you are tired?

### The Physical Challenge

How many bunny jumps over a bench or stool can you complete in 60 seconds?

Place two hands on the bench or stool and jump side to side making sure both feet go over the bench. To make it easier step over.



### EQUIPMENT

A bench or a stool\*

\*Make sure that the object you are jumping over is fixed to the floor.

If you do not have a bench or stool place two hands on the floor and jump side to side.