



The Manor
Preparatory School



60 Second Challenge

SPEED BOUNCE

Are you
honest?

Only count the
jumps that are
completed
properly.

The Physical Challenge

How many times can you bounce
over a pillow in 60 seconds?

Both feet must land over the pillow for the
jump to count.



EQUIPMENT

A pillow

If you do not have a pillow, jump over a safe object!