**Results Sheet**

Name: …………………………………………..

Year Group: …………………………………………..

School: …………………………………………..

Before you complete the competition, please watch the demonstrations on our YouTube channel to provide clarity. After completion, please fill in the details above and results table below before sending to Sports Coaching Group (mowen@sportscoachinggroup.co.uk).

|  |
| --- |
| Time Allocation |
| Key Stage 1 (Reception, Year 1, Year 2) | 40 seconds |
| Year 3 & 4 | 30 seconds |
| Year 5 & 6  | 20 seconds |

|  |  |
| --- | --- |
| Activity | Score |
| Speed bounce |  |
| Head, shoulders, knees, toes, **JUMP!** |  |
| Step ups  |  |

Speed Bounce video:

 <https://www.youtube.com/watch?v=ll4Iq8ti20w>

Head, shoulders, knees, toes, jump video:

<https://www.youtube.com/watch?v=ox_h5aOYpQM>

Step ups:

<https://www.youtube.com/watch?v=rJkB-Zxz-Qc>

Thank you for taking part in our competition – Good Luck!