



# Bunny Jumps 60 Second Challenge

Can you keep trying even if you start to feel tired?

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.

**Use a bench or a stool**  
Make sure that the object you are jumping over is fixed to the floor.

To make it easier place two hands on the floor and jump side to side over a line.

**Challenge other family members.**  
Who is the record holder in your family?

**Achieve Gold**  
80 bunny jumps 

**Achieve Silver**  
60 bunny jumps 

**Achieve Bronze**  
40 bunny jumps 