

Pudsey Challenges

Pudsey challenges you to complete the jumps and then post a photo of your fun (and your score) on social media using #JumpForPudsey

Before you get started, make sure you keep it safe:

- Start in a balanced position and land each jump with your knees bent
- Ensure there is enough space for the challenge to take place safely and that you do not stand too close to other people while you are jumping
- Ensure that the platform is safe to jump over and is placed on a solid, flat surface so it doesn't wobble

1 Holding Tight with Pudsey

How many times can you do a tuck jump in 30 seconds while holding a bean bag between your knees?



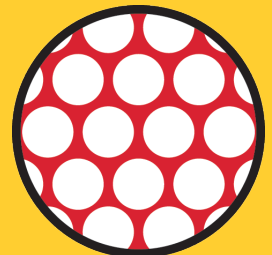
2 In & Out with Pudsey

How many times can you jump in and out of a hoop in 30 seconds?



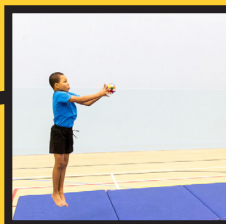
3 Skipping with Pudsey

How many skips with a rope can you do in 30 seconds?



4 Throw & Catch with Pudsey

How many times can you jump, throw a ball and then catch it as you land in 30 seconds?



5 Travelling with Pudsey

How many times can you jump over a platform in 30 seconds?



Participation in any of the activities listed is carried out wholly at your own risk.

In association with

British
Gymnastics