

Age range

- 4-14.

Group size

- Individual/small teams.

What you need

- Skipping rope.
- Photocopiable record sheet (see back of this card).

Safety points

- Practise skipping over the weeks before you take part in the challenge (possibly as part of warming up).
- Wear supportive trainers.
- Make sure the rope is the right length (see activity 22).
- Don't wrap ends of skipping rope around hands to shorten it – tie a knot in the end of the rope.
- When using a long rope, the rope should form a good arc overhead and a large part of the rope should hit the floor.

Easier

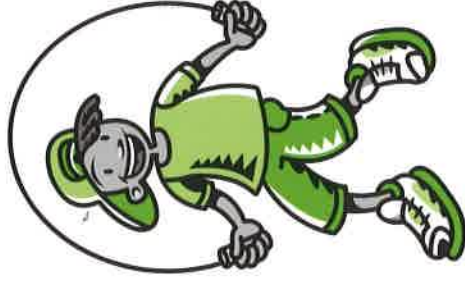
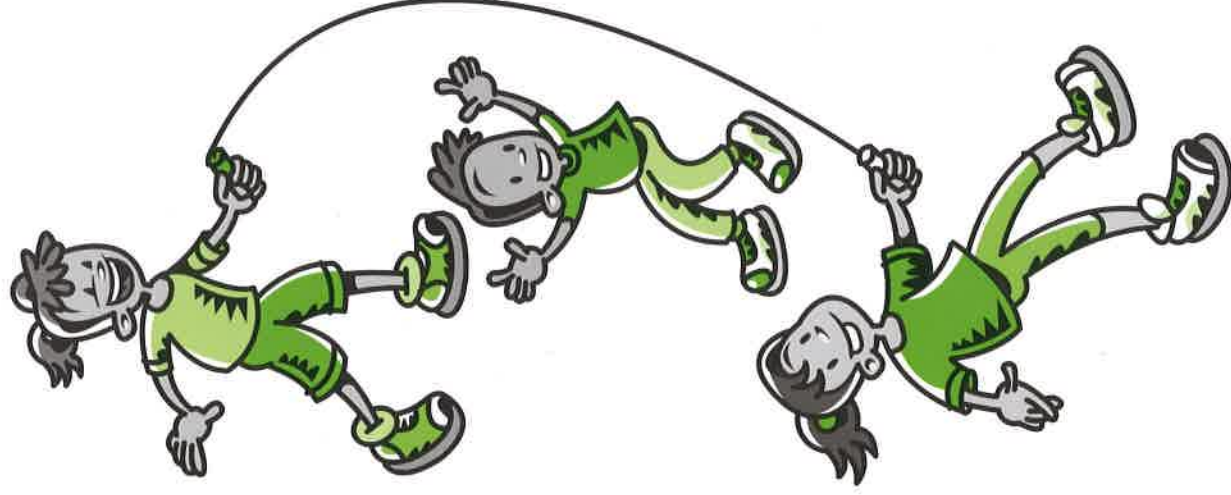
- Set challenge at 500 skips.

Harder

- Set challenge at 10,000 skips.

What to do

- The challenge is to complete 1,000 skips with 10 different partners over the course of either a day or a week.
- Ask each partner to sign your Skips challenge record sheet (see back of this card).
- Try some different skipping stunts. Have a look at the Skipping activity ideas (activities 21-28).



Younger children

- Set challenge at 100 jumps.
- Try - jumping over rope laid on the ground
 - jumping while turning a rope (holding both handles) at your side.