

Challenges

18. Skipping challenges

Age range
8-14.

Group size
Any.

What you need

- Short skipping rope.
- Stopwatch.

Safety points

- Wear supportive trainers.
- Tie a knot in the end of the rope to shorten it rather than wrapping the ends around hands.
- Make sure there is enough room.
- Heels should touch the ground frequently and bend knees on landing.

STEP

Space

• Encourage individuals to start by skipping/jumping/moving in their own space before beginning to move around the area.

Task

• If skipping is not an option, try using the rope to exercise the arms and upper body by: swinging, turning the rope with a partner or beating it rhythmically on the ground.

Equipment

• Use masking tape on the ground to step or jump over.

People

• Working in threes, 2 children can lift the rope for the third to move underneath and then lay it on the ground for them to jump or step over.

What to do

Skill-based challenges

Challenge the group to find out:

- if they can travel while they skip?
- if they can skip turning the rope backwards?
- how many two-footed jumps they can do?
- if they can perform the cross-over (crossing your arms in front of the body) while skipping?

Endurance challenges

Challenge the group to find out:

- how many skips they can perform forwards? backwards?
- if they can skip for 1 minute without a rest?
- how many skips they can do with a partner?

Speed challenges

Challenge the group to find out:

- how many skips they can do in 15 seconds skipping forwards?
- how many skips they can do in 15 seconds skipping backwards?
- how many skips can they do with a partner in 30 seconds?
- skipping as fast as they can, how many jumps they do before a 'miss' occurs?

Creative challenges

Challenge the group to find out:

- how many different ways can they keep the rope moving without jumping over it?
- can they find 3 different ways of skipping with a partner using 1 rope?
- if they can make up a routine with a partner, showing changes in speed?

Remember

Practise the skills over a few weeks before trying the challenges.

