



Age range

- 8-14.

Group size

- Any.

What you need

- Short skipping rope.

Safety points

- Wear supportive trainers.
- Make sure there is enough space and the rope is the right length (see card 22).
- Bend your knees when you land.
- Heels should touch the ground frequently.
- Don't wrap ends of skipping rope around hands to shorten it – tie a knot in the end of the rope.

Easier

- Try the challenges without a rope.

Harder

- Make up your own challenges.

What to do

Skill-based challenges

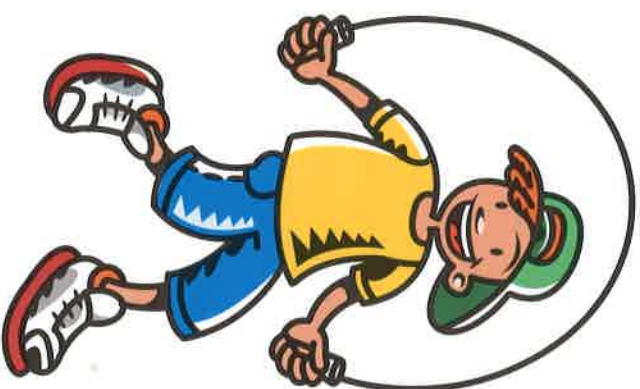
- Can you travel while you skip?
- Can you skip turning the rope backwards?
- How many two-footed jumps can you do?
- Can you perform the cross-over (crossing your arms in front of the body) while skipping?

Endurance challenges

- How many skips can you perform forwards? Backwards?
- Can you skip for one minute without a rest?
- How many skips can you do with a partner?

Speed challenges

- How many skips can you do in 15 seconds skipping forwards? Try again backwards.
- How many skips can you do with a partner in 30 seconds?
- Skipping as fast as you can, how many jumps can you do before a 'miss' occurs?



Creative challenges

- How many different ways can you keep the rope moving without jumping over it?
- Can you find three different ways of skipping with a partner using one rope?
- Can you make up a routine with a partner, showing changes in speed?

Remember

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