

Game: Skip to it

Working on your own or in pairs and taking turns, completing each challenge for at least 30 seconds, can you;

1. Do 4 jumps facing left
2. Do 4 jumps facing right
3. Do 4 jumps facing forward
4. Try to keep jumping for 3 minutes straight
5. Complete 200 jumps in 3 minutes
6. Can you jump with 1 foot
7. Can you jump with 2 feet then 1 foot continuously



Can you think of a more difficult challenge?



Tips from Partner

- Grip the rope firmly with both hands
- When jumping make sure to jump high
- Keep head up
- Stay balanced

