

Personal Best Challenge: Skipping



Equipment:

- Skipping Rope
- Stopwatch/Clock

Instructions:

- How many skips can you complete in 60 seconds.
- Record the number of skips you complete in 60 seconds.
- Repeat activity to see if you can beat your previous score.



How will this help me?

- My counting skills will help me with my maths.
- Improve my stamina and coordination.

What else could I try?

- How many can you complete in 90 seconds?
- Can you rotate your rope backwards? How many can you complete in 60 seconds?