

Skipping challenges



What you need: A skipping rope or a dressing gown rope (tie two together if you need to make it longer)

Challenge 1:

How many consecutive skips can you complete?

Challenge 2:

Can you skip 5 times on your right foot and then 5 times on your left foot?

Challenge 3:

Can you skip with high knees, one foot and then the other?

Challenge 4:

Can you skip stars? Jump with feet together on the first turn of the rope and then spread your feet apart on the second.

Challenge 5:

Can you skip backwards?

Land on the balls of your feet and keep your knees bent.

