

Challenge
Card 4

Personal Challenges



Skipping!

How many skips can you complete in 60 seconds?



Have you improved your score over 10

How will this help me?

My counting skills which will help me in my maths.

This will improve my stamina and coordination.

What else could I try?

Too easy? How many skips can you do in 90 seconds? Can you rotate your rope backwards?

What do you need to record?

The number of 2 footed skips in 60 seconds.

Now you're ready!

Equipment

Stop-watch
Skipping rope

Your Sports Ambassador should be ready with the stop-

