

# PERSONAL BEST - Skipping



## Skipping Challenge

### Quick Introduction

- In this challenge players try and get as many single bounce skips as possible in the time limit.

### Getting Started

- Find a skipping rope
- Find some space
- Find someone who can time for you
- Find someone who can count for you (if you can't do it yourself)
- How many single bounce skips can you do in the time limit
- KS1 — 20 seconds
- KS2 — 30 seconds
- GO!



### Scoring System

- 1 point for every single bounce off the floor.

### Health and Safety

- If the ball rolls away, look to make sure you don't run into anyone when collecting it.

### Equipment Required

- 1 Skipping rope
- Stop watch
- Score sheet

