PERSONAL BEST - Skipping

Skipping Challenge

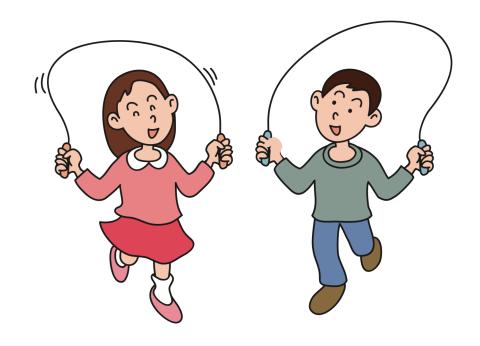


Quick Introduction

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

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KS1—20 seconds

KS2—30 seconds



Player Name	Year Group	Score
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