**Skip for A Min!**

The aim for this activity, is to help you to improve your skipping and to get fitter by practising each day.

*The rules are simple: Everyday time yourself and count how many skips you can do in one minute (you could ask someone to time and count for you).*

You can practise as many times as they like throughout the day, then record your highest score on the table below. Try really hard to skip, but if you cannot, just jump up and down with two feet and see how many jumps you can do in one minute.

When you have completed the table, send the results back to your teacher and they will add them all up to see how many the whole class have done! We will have a competition against …… to see who can do the most skips! Rewards/house points will be given to individuals who do lots of skips and try their best. Maybe you could get somebody else in your household to try the challenge too?

Good luck and have fun practising and improving your skipping!

|  |  |  |
| --- | --- | --- |
| Day | Week 1 | Week 2 |
| Monday |  |  |
| Tuesday |  |  |
| Wednesday |  |  |
| Thursday |  |  |
| Friday |  |  |
| Monday |  |  |
| Tuesday |  |  |
| Wednesday |  |  |
| Thursday |  |  |
| Friday |  |  |
| **Total:** |  |  |

