



Get Set 4 P.E.

Skipping challenge

What you need: One skipping rope per pupil.

How to play:

- Children begin standing in their own space and have a go at the following challenges.
- **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?
- **Challenge 6:**
Can you make up your own challenge and then teach everyone else?



Considerations:

- Ensure children are spaced 2m apart.
- Make this easier by completing the jumps without a rope or in a long rope turned by someone else.