

Skipping Challenge



How many time can you skip in 60 seconds?

- If you do not have a skipping rope, do not worry, you can jump on the spot.
- If you find jumping tricky, step over the rope however you can.
- Wheelchair users- lift feet up & down on foot plates or roll over the line/rope.
- To score a point both feet or wheels should be over the line/rope for the skip to count.



Are you honest? Only count the movements you do in line with the rules.

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