

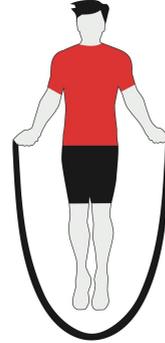


Skipping 60 Second Challenge



Do you keep trying even when you want to give up?

How many times can you skip in 60 seconds?



Both feet must land over the rope for the skip to count.

Use a skipping rope

If you do not have a rope, don't worry, you can jump on the spot!

Set a Record!

The most skips in lockdown was 121. Can you set a new skipping record?

Three's a crowd!

Two people hold/turn the rope and one person skips. How many skips can you complete?

Achieve Gold

70 skips



Achieve Silver

50 skips



Achieve Bronze

30 skips

