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## Super Skipping

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**Overview:** Try this exercise to turn skipping into a challenge - it keeps children focused on it for much longer!

**Time:** 10 minutes.

**Equipment required:** A skipping rope.  
Rolled up socks (optional)

### Benefits:

- Improves stamina.
- Can be played with one child or small groups.
- Builds hand-eye coordination.

### Playing:

1. Make sure you have enough room around you.
2. Have one designated scorer (this will probably be you!) to see how many times the child(ren) can jump over the skipping rope in 60 seconds.
3. If you have a 2nd player, they can try to quickly roll rolled-up socks underneath the skipper's feet. In this version, both players are working together to get 1 points for every pair of socks that make it under the skipper's feet in 60 seconds.
4. Make sure you write down the score and try to beat it!

### Variations and Tips:

1. If skipping is proving too difficult, they can swing the rope to the floor in front of them, step over it and repeat.
2. Try mixing up the time to see the difference between a 20 second sprint and a 2 minute stamina session.
3. Rather than scoring, try seeing how long they can skip without tripping and record the time they reach instead.
3. Remember to pace yourself - don't get too tired too quickly.
4. If you stutter or fault, just carry on!