








Skipping workout

GotGame

Using the following exercises to create your own skipping workout. If you do not have a skipping rope do the exercises using an alternative. Time yourself and see how many you can do in 1min (give yourself 30 seconds rest afterwards). Extension – complete a second time and try to beat your score.

Exercise	Explanation	How many times?
	Single bounce – Jump once and land with your knees bent.	
	Double – jump twice on your toes and then land with your knees bent.	
	Skier – jump from side to side over the rope (or line on the ground).	
	Tuck – jump and try to get your knees as close to your stomach as possible before landing with bent knees.	
	Turn arounds – jump in the air and spin your body so that when you land you are facing the opposite direction.	