



Jumping: Jump Rope

Equipment:

Jump rope x2.

Set-up:

Have students in a relevant space to perform activity.

Description:

Each student is required to perform jump rope repetitions. Activity requires timing, rhythm, and co-ordination along with aerobic endurance.

Instructions:

On coaches command to begin, each student will commence jumping the rope at a pace of choice. The student that can perform the task without error for the longest duration will be the winner. Jumping is performed in a stationary position.

Scoring:

The student that can last the longest without error scores 3, runner-up a 4 and all others in the group a 5.

