**Jump Rope Cup Stacker**

[YouTube Video Demo](https://youtu.be/T4npyAcDwvw)

**What you need:** 6 Cups; 1 jump rope (visible or invisible);
1-minute challenge music [[apple](https://music.apple.com/us/album/1-minute-challenges/631219187), [spotify](https://open.spotify.com/album/1XZQC0B2bRVRp4MVNcDWRh?si=47kA6iveQzq5zeuJW2sIEw)] or a stopwatch

Place 3 cups on each end of the activity area approximately 8 to 10 paces apart.

The object of the game is to see how many times you can build or collapse cup towers in 1 minute.

On the start signal (or music), jump rope 3 times, then carry your rope with you to the opposite cups and build a 3-cup tower. Then, jump rope 3 more time before racing to the other side to build another 3-cup tower.

Continue this pattern collapsing and then rebuilding as many times as you can for the full minute. Try this challenge 3 times. Record your best score for the day. Repeat for 5 days and track your progress.

**Build and Collapses**

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| --- | --- | --- | --- | --- |
| **Day 1 Score** | **Day 2 Score** | **Day 3 Score** | **Day 4 Score** | **Day 5 Score** |
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**Reflection questions:**

1. Did you notice and improvement in your score over the 5 days?
2. What are some possible reasons why you did (or did not) improve?