

# SKILL-RELATED FITNESS

## Challenge Activities

### Jump Rope Cup Stacker

[YouTube Video Demo](#)

**What you need:** 6 Cups; 1 jump rope (visible or invisible); 1-minute challenge music [[apple](#), [spotify](#)] 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

Day 1 Score	Day 2 Score	Day 3 Score	Day 4 Score	Day 5 Score

#### 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?

