**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.

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<th>Build and Collapses</th>
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<tr>
<td><strong>Day 1 Score</strong></td>
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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?