

SKILL-RELATED FITNESS

Challenge Activities

Jumping Lucky 6

(Aerobic Capacity Warm-Up)

[YouTube Video Demo](#)

What you need: 1 six-sided dice, 1 jump rope (real or invisible)

Make a circle on the ground with your jump rope.

The object of this game is roll 6 twice in order to end the game.

Each time you roll, jump into and then out of your rope circle the number of times on the die, then roll again. For example, if you roll a 5, jump in and out of the rope 5 times. Count each time your feet land inside the circle.

Continue rolling and jumping until you roll 6 twice. (It doesn't have to be in a row.)

