**Speed Rope Challenge**

[YouTube Video Demo](https://youtu.be/v6Dz1yLOWK0)

The object of this activity is to practice a single rope jumping pattern with a focus on increasing your speed over 5 days.

Choose 1 of 2 patterns:

1. Traditional 2-foot speed rope jumping
2. Side to side rope swings

Use 1-Minute Challenge Music to time your jumps. As you jump, count the number of successful repetitions in 1-minute. If you make an error, quickly resume jumping and continue your count.

Perform 3 trials per day. Record your best daily score.

**Number of Jumps in 1 Minute**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| **Day 1 Score** | **Day 2 Score** | **Day 3 Score** | **Day 4 Score** | **Day 5 Score** |
|  |  |  |  |  |

In each reflection box below, reflect on how well you improved. What worked well and what did not, and what you’ll focus on in the next day’s practice.

|  |  |
| --- | --- |
| **Day 1 Reflection** |  |
| **Day 2 Reflection** |  |
| **Day 3 Reflection** |  |
| **Day 4 Reflection** |  |
| **Day 5 Reflection** |  |