

SKILL-RELATED FITNESS

Challenge Activities

Speed Rope Challenge

[YouTube Video Demo](#)

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	

