**Jump Rope Dice Battle**

(Aerobic Capacity Warm-Up)

[YouTube Video Demo](https://youtu.be/X6YnN5FJUns)

**What you need:** 2 six-sided dice, 1 jump rope (real or invisible)

The object of this game is to predict which die (right or left) will have the highest point total after 8 rolls. To earn a roll, you must complete 10 jumps with a jump rope.

After each roll, record the number on each dice in a score chart. After 8 rolls, add up the score to see if your prediction was correct.

(If you have a partner, play against each other with 1 dice per player.)

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| **Dice** | **Roll 1** | **Roll 2** | **Roll 3** | **Roll 4** | **Roll 5** | **Roll 6** | **Roll 7** | **Roll 8** | **Total** |
| **RIGHT** |  |  |  |  |  |  |  |  |  |
| **LEFT** |  |  |  |  |  |  |  |  |  |

**Quick Question**

How is jumping rope related to the skill-related fitness component of agility?