

SKILL-RELATED FITNESS Challenge Activities

Jump Rope Dice Battle

(Aerobic Capacity Warm-Up)

[YouTube Video Demo](#)

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.)

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?

