



# The TK Big Skip

## TERM 2 CHALLENGE

SKIP YOUR WAY THROUGH 10 WEEKS OF FUN NEW TRICKS

### Week 1

#### GETTING STARTED

Hold the rope handles. Rest the rope behind your feet. Swing the rope over your head. Jump as it comes down. Land soft. Go again.



5 JUMPS IN A ROW  
★

20 JUMPS IN A ROW  
★★

50 JUMPS IN A ROW  
★★★★

### Week 2

#### SIDE-TO-SIDE CONTROL

Swing the rope. Jump side to side over an imaginary line. Keep jumping as the rope turns.



10 SIDE-TO-SIDE JUMPS IN A ROW  
★

30 SECONDS NON-STOP  
★★

60 SECONDS NON-STOP  
★★★★

### Week 3

#### FORWARD & BACK BELL JUMPS

Swing the rope. Jump forwards over the rope. Jump backwards to where you started. Now Repeat.



DO AS MANY BELL JUMPS AS LETTERS IN YOUR NAME  
★

30 BELL JUMPS IN A ROW  
★★

60 BELL JUMPS IN A ROW  
★★★★

### Week 5

#### ENDURANCE SKIPPING

Start skipping at a steady pace. Keep going as long as you can. Rest if you need to, then start again.



1 MINUTE NON-STOP  
★

2 MINUTES NON-STOP  
★★

3 MINUTES NON-STOP  
★★★★

### Week 4

#### ROPE CONTROL

Swing the rope to the right. Swing the rope to the left. Jump through the middle. Now repeat.



5 CLEAN COMBOS  
★

15 CLEAN COMBOS  
★★

30 CLEAN COMBOS  
★★★★



More Skips  
More Oomph!

### Week 6

#### CRISS-CROSS

Cross your arms low in front of your body. Swing the rope. Jump once. Open your arms. Now repeat.



PRACTISE THE ARM CROSS 10 TIMES  
★

1 CRISS-CROSS JUMP  
★★

3 CRISS-CROSS JUMPS IN A ROW  
★★★★

### Week 7

#### MAX IN A MINUTE

Skip as fast as you can for 60 seconds, counting your jumps. Take a break. Try and beat your score.



RECORD YOUR BEST JUMP SCORE  
★

BEAT YOUR JUMP SCORE ONCE  
★★

BEAT YOUR JUMP SCORE TWICE  
★★★★

### Week 8

#### CHANGE UPS

Skip slowly for 3 turns. Skip at normal speed for 3 turns. Skip fast for 3 turns. Now repeat.

x3  
x3  
x3

1 ROUND OF CHANGE UPS  
★

3 ROUNDS OF CHANGE UPS  
★★

5 ROUNDS OF CHANGE UPS  
★★★★

### Week 10

#### CELEBRATION & FINISH!

Skip and count your jumps. Rest when needed. Add all your jumps together.



100 TOTAL JUMPS  
★

200 TOTAL JUMPS  
★★

300 TOTAL JUMPS  
★★★★

### Week 9

#### DOUBLE UNDER

Start skipping. Take a higher jump. Spin the rope fast. Let the rope pass under twice. Land it!



ATTEMPT A DOUBLE UNDER  
★

LAND 1 DOUBLE UNDER  
★★

3 CLEAN DOUBLE UNDERS IN A ROW  
★★★★

BOOK NOW

