



► Equipment

- Stopwatch or timers

► Activity

- Set a stopwatch or timer for one minute each time you start an exercise. Rest for a count of 20 in-between each exercise. Repeat the exercises three times.
- Use a skipping rope to skip for one minute. Vary the types of skipping you do, e.g. hopping, jumping two feet to two feet, etc.
- Keep your skipping fast paced. You can move around the space or stay in one place.
- If you do not have a skipping rope, simply imagine you do. Use your arms to turn the imaginary rope and jump, hop and skip over it!

