



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!

AIM FOR 5-10 MINS EACH SESSION

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

