

WEEKLY PE CHALLENGE



Grab yourself a skipping rope and see how many different skills and tricks you can learn!

SKIPPING SKILLS!



You could learn some rhymes and songs to sing as you're skipping? It helps keep the rhythm and speed as well.

www.verywellfamily.com/old-fashioned-jump-rope-rhymes-1696145



Skipping is great for fitness – boxers use it lots in their training.

This web page has loads of skills and shows you how to do them in steps with pictures:
<https://buyjumpropes.net/resources/jump-rope-tricks-and-tips/>