

Haktive at Home

Skipping Challenges

If you've got a skipping rope, try these challenges.

If you don't then no problem, pick up your imaginary skipping rope, hold a handle in each hand and bounce on the spot like you are skipping.

Not advised to be done indoors unless you use an imaginary rope.

Must always be done with adult supervision and try to stretch your legs afterwards.



"..every little bit of activity will help their well being and yours."

Haktive Challenges

1. Try to skip for 30 seconds/1 minute/ 2 minutes without stopping or 30/50/100 skips without stopping.

2. Try skipping backwards, crossing over your hands or double skips in one jump.

3. Wiggly Snake - lay the rope on the floor or tie it to a chair leg, tree or climbing frame and 1 person wriggles it side to side and the jumper has to jump over it. Could increase the height.

4. Electric Shock - tie it to a chair leg, tree or climbing frame and 1 person shakes it up and down and the jumper has to jump over it. The shocks could get bigger and higher.

5. Count how many skips you can do in 30 seconds/1 minute. Try to beat that score.

6. Sing a whole song or nursery rhyme while skipping.

7. Use the rope to make a limbo competition, every time you successfully go under the rope leaning backwards, reduce the height

Or use it as a high jump, starting low and increasing in height, but do be careful how and what you are landing on.

Newsletter & Updates: [Haktive.com/at-home](https://www.haktive.com/at-home)

We will be sharing more updates to help keep you and your family active and happy through our newsletter.