

## *PE Central Challenge*

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### **Challenge #7: Skip-It!**

#### Task Description:

Jump with the Skip-It continuously (Skip-It must remain in a constant motion) for **2 minutes** without a miss.

#### Administering this Challenge:

##### **Equipment:**

- 1 Skip-It and stopwatch.

##### **Area:**

- Any open space with a smooth surface.

##### **Starting and Stopping:**

- Youngsters start when ready. Anytime the Skip-It stops moving before 2 minutes has elapsed, have the youngsters stop, and begin the task again (allow rest if needed).

#### Challenge Comments:

- There is no limit to the number of attempts to satisfactorily complete this challenge.
- Allow movement while using Skip-It. Youngsters do not need to stay on the same spot to complete this challenge.
- Allow jumping of any style (forwards or backwards, one foot, skipping, tricks, etc.), however the Skip-It must pass under the youngster's feet.

#### Performance Cues:

- **"Jump Low"**: High jumps will fatigue youngsters quickly.
- **"Bounce"**: Keep knees bent and bounce off the balls of the feet.
- **"Noon-Time"**: Look straight ahead and begin jumping as the Skip-It is at 12 noon (hands on a clock).
- **"Swing"**: Turn leg counter-clockwise, making the Skip-It rotate, for best rotation.

#### Practice Tasks:

- Have children practice swinging the Skip-It correctly, stop it at their feet, and then step over it. Encourage them to increase the speed as they feel more comfortable and, eventually, begin jumping.