



TEN MINUTES A DAY WITH HOPPY

My 30-day skipping challenge

Name: _____ I started on: _____

Every day: warm up for 2 minutes, practise the skill for 5, then try the challenge. Tick the circle when you've done it. On the gold days, write your 30-second score.



DAY 1 Quiet bounces ☐	DAY 2 Jump the rope on the floor ☐	DAY 3 Wiggly worms ☐	DAY 4 Swing and stop ☐	DAY 5 Swing and jump ☐
DAY 6 Keep it going ☐	DAY 7 Score day Score: _____ ☐	DAY 8 Double bounce ☐	DAY 9 Skipping backwards ☐	DAY 10 Single bounce ☐
DAY 11 Hopping ☐	DAY 12 Running on the spot ☐	DAY 13 Rhyme day ☐	DAY 14 Check day Score: _____ ☐	DAY 15 Side straddle ☐
DAY 16 Scissors ☐	DAY 17 Bell ☐	DAY 18 Slalom ☐	DAY 19 Ex ☐	DAY 20 Partner day ☐
DAY 21 Check day Score: _____ ☐	DAY 22 Boxer skip ☐	DAY 23 30-second rounds ☐	DAY 24 Small jumps ☐	DAY 25 Long rope day ☐
DAY 26 One minute ☐	DAY 27 Speed day ☐	DAY 28 Score day Score: _____ ☐	DAY 29 Make a routine ☐	DAY 30 Show time Finish! Fill in your certificate ☐

How to score: a grown-up counts 1 every time the rope passes under your feet, for 30 seconds. If you trip, start again straight away and keep counting from the same number. **Stay safe:** trainers on, a flat dry space, the right rope length, and stop if anything hurts. Every day's skill is explained at skip-hop.co.uk/30-day-skipping-challenge/



Every day's skill and challenge

Week 1: Get the rope going		
1	Quiet bounces	Do 20 bounces so quietly nobody hears you land.
2	Jump the rope on the floor	10 jumps each way without touching the rope.
3	Wiggly worms	10 jumps without being touched.
4	Swing and stop	Land it in the same place 10 times in a row.
5	Swing and jump	5 single jumps.
6	Keep it going	5 double bounces in a row.
7	Score day	Write down your score.
Week 2: Find the rhythm		
8	Double bounce	10 in a row.
9	Skipping backwards	3 backwards skips.
10	Single bounce	5 single bounces in a row.
11	Hopping	5 hops on each foot.
12	Running on the spot	10 running steps in a row.
13	Rhyme day	Skip all the way through "Salt, Mustard, Vinegar, Pepper".
14	Check day	20 single bounces in a row, then a new 30-second score.

Week 3: First tricks		
15	Side straddle	5 side straddles.
16	Scissors	5 scissors.
17	Bell	5 bells.
18	Slalom	5 slaloms.
19	Ex	4 exes.
20	Partner day	10 skips together.
21	Check day	4 tricks, 4 skips each, then a new 30-second score.
Week 4: Speed and stamina		
22	Boxer skip	10 boxer skips.
23	30-second rounds	Beat your best round.
24	Small jumps	30 seconds without stopping.
25	Long rope day	Run under the rope 5 times without being touched.
26	One minute	Skip for a minute, starting again if you trip.
27	Speed day	Three 30-second goes, each faster than the last.
28	Score day	Beat your Day 7 score.
Days 29 and 30: Show time		
29	Make a routine	Practise your routine 3 times.
30	Show time	Fill in your certificate.

Every day: 2 minutes' warm-up, 5 on the skill, 3 on the challenge. Days 7, 14, 21 and 28 are score days: 30 seconds, counting 1 every time the rope passes under your feet. How to do each skill: skip-hop.co.uk/30-day-skipping-challenge/



CERTIFICATE

30-day skipping challenge

This is to say that

has finished the skip-hop 30-day skipping challenge.

First score (Day 7): _____ **Last score (Day 28):** _____

Signed _____ Date _____

