



How many times can you skip in 60 seconds?



Both feet must land over the rope for the skip to count.



Use a skipping rope.
If you do not have a rope, don't worry, you can jump on the spot!

Set a Record!
How many skips can you do? Try again and challenge your record. Now challenge someone else.

Join with others!
Two people hold and turn the rope while one person skips. How many skips can you do?



Achieve Gold

70 skips



Achieve Silver

50 skips



Achieve Bronze

30 skips



Once you have completed the task you can record your achievement on a sheet of paper, a form from the PlayOn website or by clicking [HERE](#) and submitting your results. Once you are complete you will be awarded a PlayOn medal on the average of your results - have fun and show some grit, determination and perseverance.