The Manor Preparatory School

60 Second Challenge

Do you keep trying even when you want to give up?

SKIPPING

The Physical Challenge

How many times can you skip in 60 seconds?

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

Achieve Gold
70 skips

Achieve Silver
50 skips

Achieve Bronze
30 skips

EQUIPMENT

Skipping rope

If you do not have a rope, do not worry, you can jump on the spot or use a dressing gown rope!