

Get up &  
**go!**

# How to play

This game can be played indoors or outdoors.

You can play by yourself or with a group.

Take your skipping rope and make sure you have space.

Start skipping – how many skips can you manage in 10 minutes?

You can make it harder by skipping backwards or hopping on one foot.

Spend less time sitting down and more time playing skipping!

1000  
TWEAKS  
BY THE YEAR

## Equipment

A skipping rope

# Skipping rope

Group games and activities can only be played with people you live with.  
Follow current Coronavirus guidelines at all times.