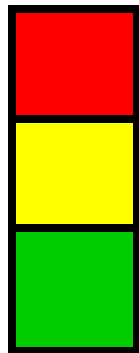


Spin the Top



How to:

- With a partner select a jump rope move (ex. Bell, Skier, Side straddle)
- One partner spins the top and you both try to complete that skill until the top stops spinning.



Select one jump rope move to complete while top is spinning

Select two jump rope moves to complete while top is spinning

One partner spins the top and the other partner performs the activity

