

# ENGAGE



# SCHOOL GAMES

Norwich SSP  
Virtual Challenge

## SKIPPING CHALLENGE KEY STAGE THREE



Watch Introduction Video from Dan the Skipping Man (click play button)

### TARGET AUDIENCE

This is an Engage themed event, is non-competitive and focuses on targeting pupils who would benefit from being more physically active.

### YEAR GROUPS

This challenge is suitable for pupils in Key Stage 3

### LEADERSHIP OPPORTUNITIES

- Use leaders to set up and pack away equipment
- Use leaders to demonstrate the activities to other pupils
- Use leaders to lead part of the session (e.g. warm up/cool down)
- Use leaders to time activities
- Use leaders to record results
- Use leaders to take photos for use in school newsletter/website/social media

### EQUIPMENT

It is suggested that pupils in Key Stage 3 use skipping ropes that are either 8ft (243cm) or 9 ft (274cm) long.

If your school require any new equipment visit [www.dantheskippingman.com/shop](http://www.dantheskippingman.com/shop).

Email [dan@dantheskippingman.com](mailto:dan@dantheskippingman.com) and quote "NOR" to receive an exclusive discount off advertised prices.

## SCHOOL GAMES VALUES

During each of the competitions pupils are challenged to demonstrate the School Games values



**Determination** - Determination is about the journey you go on to push yourself and achieve your dreams.



**Passion** - Giving it 100 percent. Putting your heart and soul into the game and never giving up.



**Respect** - Respect for the referee, for the opposition, for your team mates, for yourself and for the game.



**Honesty** - Honesty with others and with yourself. Having the courage to do the right thing and what you know is right.



**Self Belief** - You've got to believe to achieve. Have the self-belief and confidence to succeed and reach your personal best.



**Teamwork** - Treating everybody equally, supporting each other and working together to achieve at your very best level.



NORWICH  
SCHOOL SPORT PARTNERSHIP





### CHALLENGES

This is a personal challenge with the aim of pupils improving their own skipping.

Pupils are challenged to practice their skipping skills and then try each of the 5 skipping challenges.

Pupils can select the level that they attempt to undertake each challenge

**Bronze** = 30 seconds

**Silver** = 60 seconds

**Gold** = 90 seconds

Pupils should record their scores on their own Record Card (see overleaf)

At the end of the lesson, staff can record the classes results on the Class Achievement Sheet (See overleaf)

**How to Skip** - Check out these top tips to help pupils start off and skip.



### SCORING

Pupils score one point for each skip they successfully complete. The challenge is for pupils to have multiple attempts and try to improve their own score.

**Challenge 1 - Single Bounce Challenge** - How many skips can you do in your chosen time period using the single bounce technique?



**Challenge 2 - Double Bounce Challenge** - How many skips can you do in your chosen time period using the double bounce technique?



**Challenge 3 - Run on Spot Challenge** - How many skips can you do in your chosen time period using the running on the spot technique?



**Challenge 4 - Slalom Challenge** - How many skips can you do in your chosen time period using the running on the spot technique?



**Challenge 5 - Speed Skip Challenge** - How many skips can you do in your chosen time period using the running on the spot technique?



### HOW TO ENTER

As this is an Engage themed event we do not ask schools to submit pupils scores. We do however ask schools to complete the Results Form on our website to let us know how many pupils took part in the challenge.

**[www.norwichssp.co.uk/virtualchallenges](http://www.norwichssp.co.uk/virtualchallenges)**

The deadline for entries is **Friday 28th May**



Secondary

#DTSMChallengeSeries



..... 's record card

Single bounce



Double bounce



Running on  
the spot



Slalom



Speed skipping




















































































My favourite skill is .....



[dantheskippingman.com](http://dantheskippingman.com)

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Challenge \_\_\_\_\_

NAME	BRONZE	SILVER	GOLD
			
			
			
			
			
			
			
			
			
			
			
			
			
			
			
			
			
			
			
			
			
			
			
			
			
			
			

OUR CLASS ACHIEVEMENTS