

Virtual Competition

Challenge 2: Skip Higher!

Focus: Personal Best



GET AHEAD
PARTNERSHIP

EDUCATION. SPORT. WELLBEING

Window 1: Monday 25th January – Friday 5th February 2021

Skip Higher is an individual and / or group challenge where young people attempt one simple challenge.

How many skips can you complete in 2 minutes?

The highest number of skips achieved can be submitted for any student taking part. The highest number achieved by every young person can also be added together and then divided by the number of participants in the class / bubble to create a class / bubble average.

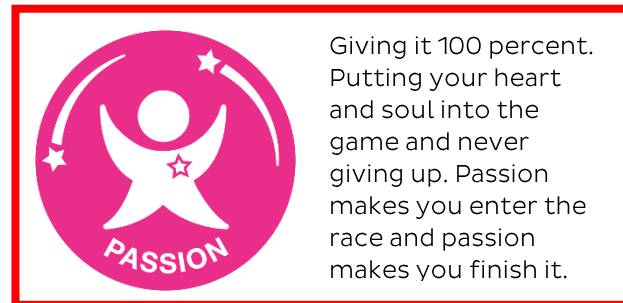
There are also a number of other challenges and skipping tricks clearly demonstrated in the video. Can you work through these to complete your KS1 or KS2 Tricks Challenges over the next two weeks?

Rules

- Skipping techniques and tricks challenges are clearly demonstrated in the video that can be accessed via the Virtual Challenge 2 tab on the website www.letsgetahead.co.uk. You will need a stopwatch or timing app to make sure you only skip for 2 minutes. It may be easier if another person counts your skips to allow you to concentrate on your technique. If you stop the rope during the two minutes, then just restart and carry on counting.
- Keep practising. You can submit a young person's individual or a class/ bubble average score as many times in the two-week window as you wish.
- All children can participate in school or at home. If they participate at home they can choose to submit their score to staff to be entered and/or included in class/ bubble average score. No video evidence is required.
- Those schools who show the greatest participation and average scores in a key stage will be acknowledged, along with individuals achieving the highest number of skips in their year group.
- All young people who participate will receive their Passion School Games Value sticker.

Safety and COVID-19 guidance

- Each child should use a length skipping rope.
- The rope should either be their own or one that has been sanitised or issued to individual children for their sole use throughout the two-week challenge.
- Suitable footwear must be worn by all participants.
- In a school environment, please ensure there is adequate space for each young person to complete the challenge safely.



Giving it 100 percent. Putting your heart and soul into the game and never giving up. Passion makes you enter the race and passion makes you finish it.

Results to be submitted via www.letsgetahead.co.uk by 6pm on Friday 5th February 2021