

YEAR 2 BPSS SKIPPING CHALLENGE

How many skips can you do in 30 seconds

Challenge details:

- Two pupils hold the end up the skipping rope and rotate it over the jumpers head.
- The student skipping sees how many times they can jump over the rope in 30 seconds.
- Pupils may skip with both feet together or by 'jogging' over the rope one foot at a time

NB. Skipper can stop as many times as they like within the 30 seconds and then continue counting from where they left off. E.g. if they rest at '9' they continue with '10, 11', etc..

How to score

Each child records the number of skips achieved, taking as many goes as they like.

How to enter

Please email the top 10 pupil's initials and their results using the **results spreadsheet**. Please make sure a member of staff has validated the scores before submitting.

IMPORTANT: Each skipper can only appear once on your results!

Deadline

Please send your results spreadsheet to bpss.barnet@gmail.com by 12pm Thursday 17th July 2025

Please follow the link [HERE](#) to see an example of the challenge