

YEAR 3 BPSS SKIPPING CHALLENGE

How many forward skips can you do in 45 seconds?

Challenge details:

- Every pupil skips alone
- Pupils may skip with both feet together, by 'jogging' or even stepping over the rope one foot at a time
- If you stop at any time during the 45 seconds, continue counting from the number you stopped at
- Total continuous skipping time stops at 45 seconds

NB. Skipper can stop as many times as they like within the 45 seconds and then continue counting from where they left off. E.g. if they rest at '15' they continue with '16, 17', etc. However, the more times they stop, the less time they have to skip.

How to score

Each pupil 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 3rd April 2025

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