

# SKIPPING IS SUPER HEALTHY!



## HAPPY HEART

Jumping makes your heart strong!



## FULL OF ENERGY

Burn energy and feel awesome!



## STRONG MUSCLES

Legs, tummy, and arms get tougher!



## POWER BONES

Jumping makes bones extra strong!



## BALANCE BOOST

Helps you move, hop, and stay steady!



## EASY + FUN

All you need is a rope and space!



**Tip:** If your knees or ankles hurt, take a break and rest.



**Counts towards your 60 Active Minutes!**



# YEAR 6 BPSS SKIPPING CHALLENGE!

## THE CHALLENGE

See how many continuous forward skips you can do in 45 seconds!

## RULES

- Skip on your own
- You can skip with both feet or by jogging one foot at a time
- If you stop, you must start counting again from 1 – but the timer keeps going!
- Skipping ends when the 45 seconds are up

## WHAT HAPPENS NEXT?

- Teachers will check your scores
- The Top 10 results go forward

**DEADLINE** Scores must be sent to BPSS before the deadline!

# YEAR 5 BPSS SKIPPING CHALLENGE!

## THE CHALLENGE

- Skip forward for 30 seconds
- When you hear “CHANGE!”, skip backwards for 30 seconds
- Add them together for your total score

Example: 20 forward + 10 backward = 30 skips total



## RULES

- Skip alone
- Any style works – both feet, jogging, or one foot at a time!
- If you trip, just keep counting where you left off
- Try as many times as you like – only your best score counts
- Each pupil can appear once in the Top 10

## WHAT'S NEXT?

- Teachers check your score
- The Top 10 scores go forward
- Can YOU make the Top 10?

## DEADLINE:

Get your score in before results are sent to BPSS!



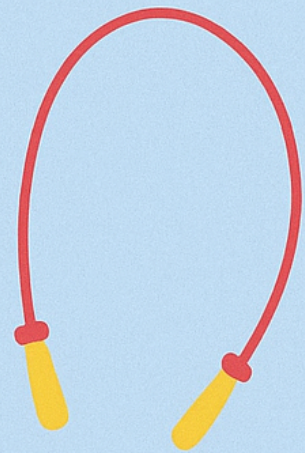
# YEAR 4 BPSS ★ SKIPPING CHALLENGE!

## THE CHALLENGE

**How many backward skips  
can you do in 45 seconds?**

## RULES

- Skip on your own
- Any style works – both feet, jogging, or one foot at a time
- If you stop or trip, just carry on counting from where you left off
- You only have 45 seconds, so the fewer stops the better!
- ★ Try as many times as you like – only your best score counts



## DEADLINE

**Scores must be  
sent to BPSS  
before the  
deadline!**

## WHAT HAPPENS NEXT?

- Teachers will check scores
- The Top 10 results go forward
- Can YOU make the Top 10? 👁️👁️

# YEAR 3 BPSS SKIPPING CHALLENGE!

## THE CHALLENGE

See how many **FORWARD SKIPS**  
you can do in **45 SECONDS!**

## RULES

- Skip on your own
- Any style works – both feet, jogging, or one foot at a time
- If you trip or stop, just keep counting from where you left off
- You only have 45 seconds. so try not to stop too much!



## WHAT HAPPENS NEXT?

- Teachers will check your scores
- The TOP 10 results go forward

**Can YOU make the Top 10?**

## DEADLINE

Scores must be sent  
to BPSS

# KS2 INCLUSIVE CHALLENGE!

## HOW MANY TIMES CAN YOU CROSS THE LINE IN 30 SECONDS?

### THE CHALLENGE

See how many times you can cross the line in 30 seconds!



### RULES

- Go on your own challenge
- Try as many times as you like - your best score counts
- Each pupil can appear once in the Top 5

### WHAT HAPPENS NEXT?

Teachers will check your scores  
The Top 5 results from our school go forward

### DEADLINE

Scores must be sent to BPSS before the deadline!

### TWO WAYS TO PLAY

#### OPTION 1

##### STEP OVER

Lay a skipping rope on the floor and step over it. Count '1' when both feet cross.

#### OPTION 2

##### WHEELCHAIR GATE

Set up two cones to make a gate.

Go through the gate as many times as you can in 30 seconds (with your wheelchair or with help)



# YEAR 2 BPSS SKIPPING CHALLENGE!

## THE CHALLENGE:

See how many skips you  
can do in 30 seconds!



## RULES:

- Two friends hold the rope and turn it for you
- You jump as many times as you can
- Count how many skips you do

## WHAT HAPPENS NEXT?

- Teachers will check scores
- The Top 10 results go forward

**DEADLINE:** Scores must be sent to BPSS before the deadline!

# YEAR 1 BPSS SKIPPING CHALLENGE!

How many forward skips can you do in 30 seconds?

## RULES

- Skip on your own
- You can skip with both feet together, jogging, or stepping over one foot at a time
- You can skip on the spot or while moving forward
- If you trip or stop, just keep counting from where you let off
- Try as many times as you like – only your best score counts

## WHAT HAPPENS NEXT?

- Teachers will check your scores
- The Top 10 results go forward
- Can **YOU** make the Top 10?

## DEADLINE:

Scores must be sent to BPSS before the deadline!



# KS1

## INCLUSIVE CHALLENGE!

How many times can you cross the line in 30 seconds?

### 1 Step Over

Lay a skipping rope on the floor.  
Count '1' each time both feet cross over



### 2 Wheelchair Gate

Set up two cones like a gate.  
Go through the gate as many times as you can in 30 seconds.



### RULES:

You can try as many times as you like – your best score counts.

### WHAT HAPPENS NEXT?

Teachers will check scores.  
The Top 5 results go forward.