

# YEAR 1 BPSS SKIPPING CHALLENGE

How many forward skips can you do in 30 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
- This can be done on the spot or travelling, whichever is the most successful and appropriate at the time
- Total continuous skipping time stops at 30 seconds

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. However, the more times they stop, the less time they have to skip

## How to score

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

## How to enter

Please submit the top 10 students and their results via the BPSS website. 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 enter results online by 12pm on Friday 24<sup>th</sup> May 2024