

# SKIPPING

PERSONAL  
BEST  
CHALLENGES

## EQUIPMENT REQUIRED:


 Skipping Rope & Stop watch

## AGE CATEGORIES:


 Separate Events for KS 1 , 2 & 3 (Boys and Girls)

## TEAM SIZE:

 Unlimited participants!


 Please encourage as many children as possible to get involved whilst adhering to your school's individual risk assessments on social distancing and making sure that all children can compete in a safe environment.


## RULES:


 Each Skipper has 30 seconds to complete as many skips as they can.

 Skippers have to complete 3 Official Tests during the period of the event.


 Test 1 to be completed during week commencing Monday 21<sup>st</sup> September

 Test 2 to be completed during week commencing Monday 5<sup>th</sup> October


 Test 3 to be completed during week commencing Monday 19<sup>th</sup> October

 Skippers can practice as much as they like until the school decides to run their official test during the appropriate week


## SCORING:

 Each Class/ Bubble is to have its own Score sheet – Attached or can be found on LLSSP website


<http://www.leighton-linsladessp.co.uk/>

 Schools to record 1 score per pupil during each Official Test Period

 Schools to record 3 Official Tests over period of event.

 Schools will also need to submit the TOTAL NUMBER of skippers that took part in the event for each gender and age category. Plus number of Pupils in the Key Stage.

## DEADLINE:

 The deadline for all entries is Friday 23<sup>rd</sup> October.

 Please enter by completing the OFFICIAL Results sheet and send through to

[schoolgames@vandyke.cbeds.co.uk](mailto:schoolgames@vandyke.cbeds.co.uk)