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**‘JUMP for JOY’ SKIPPING CHALLENGEs for KEY Stage 2**

This is a personal challenge with the aim of pupils improving their own skipping.

Pupils are challenged to learn how to skip, and to try each of the 3 skipping challenges.

Pupils can select the level they are trying to achieve.

* BRONZE – 20 seconds
* SILVER – 40 seconds
* GOLD – 60 seconds

At the end of the lesson, staff/leaders can record the class’s results on the Class Achievement sheet.

**How to Skip**

Learn skills required to start skipping

[**https://www.youtube.com/watch?v=OJfaUoi0N\_E**](https://www.youtube.com/watch?v=OJfaUoi0N_E)

**SCORING**

Pupils score 1 point for each skip they successfully complete. The challenge is for pupils to have multiple attempts & try to improve their score.

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**Challenge 1 – Single Bounce**

**KS2 CHALLENGES**

**https://www.youtube.com/watch?v=ei7MjCeKBUk&t=6s**

How many skips can you do in your chosen time in each challenge?

**Challenge 1 – Single Bounce**

[**https://www.youtube.com/watch?v=d9C3P0CvO1k**](https://www.youtube.com/watch?v=d9C3P0CvO1k)

**Challenge 2 – Double Bounce**

[**https://www.youtube.com/watch?v=jTwLhcP4Vhg**](https://www.youtube.com/watch?v=jTwLhcP4Vhg)

**Challenge 3 – Running on Spot**

[**https://www.youtube.com/watch?v=UFIXYG9EP2A**](https://www.youtube.com/watch?v=UFIXYG9EP2A)

**Challenge 4 – Slalom**

[**https://www.youtube.com/watch?v=Xaq9t11RjOE**](https://www.youtube.com/watch?v=Xaq9t11RjOE)

**Challenge 5 Speed Skip**

[**https://www.youtube.com/watch?v=pobekNoaZLI**](https://www.youtube.com/watch?v=pobekNoaZLI)

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**PARTICIPATION**

**As this is an ENGAGE event we do not ask schools to submit pupils scores.**

**However, we would like to know how many classes and numbers of pupils took part in the Challenges.**

**Please email me at** [**imcfadyen9nrl@yare-edu.org.uk**](mailto:imcfadyen9nrl@yare-edu.org.uk) **with this information please.**

**Thank you & have fun ‘Jumping for Joy’**

**I.McFadyen (SGO NE SSP)**