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**‘JUMP for JOY’ SKIPPING CHALLENGE for KEY STAGE ONE**

**Watch introductory video from Dan the Skipping Man - https://www.youtube.com/watch?v=9-6Lq7FEgWU&t=55s**

**Target AudienCE ssaudience**

**This is an ENGAGE themed event, non-competitive & designed to get all children active again**

**YEAR GROUPS**

This challenge is suitable for Years 1 & 2

**LEADERSHIP OPPORTUNITIES**

* **SPORTS LEADERS COULD**…
* Set up & pack away equipment
* Demonstrate activities
* Lead part of the session – warm up/cool down
* Time activities
* Record results
* Take photos for school newsletter/website

**EQUIPMENT**

It is suggested that pupils in KS1 use

skipping ropes that are 7ft (213cm) long.

If your school requires any new equipment visit [**www.dantheskippingman.com/shop**](http://www.dantheskippingman.com/shop)

**Email** **dan@dantheskippingman.com** **& quote ‘Norwich East SSP’ to receive an exclusive discount.**

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**SCHOOL GAMES VALUES**

During each of the competitions pupils are challenged to demonstrate the School Games values:

* **Determination**– Determination is about the journey you go on to push yourself and achieve your dreams. Have the mental strength and self-discipline to overcome obstacles, commit to your goals and keep working every day to become the very best you can be. Don’t hold back!
* **Passion**– Giving it 100 percent. Putting your heart and soul into the game and never giving up. Passion makes you enter the race and passion makes you finish it.
* **Respect** – Respect for the referee, for the opposition, for your team mates, for yourself and for the game. Accepting victory and defeat with grace, treating others politely and with understanding. Respect always, for every sport and every person.
* **Honesty**– Honesty with others and with yourself. Having the courage to do the right thing and what you know is right. Let the best person win, not the best cheat.
* **Self Belief** – You’ve got to believe, to achieve. Have the self belief and confidence in yourself to succeed and reach your personal best.
* **Teamwork** – Treating everybody equally, supporting each other and working together to achieve at your very best level.