

**Virtual Skipping Competition**

**Skip for A Min**

Our aim for this competition, is to encourage children to keep learning to skip and to get fitter by practising each day. We have had the Skip Hop Hurray Day and now want to keep the momentum going by doing daily skipping.

The rules are simple.

Children work in pairs – Child A is the official Child B is the skipper. Child A times 1 minute and counts how many skips Child B can do. Children then swap places. Depending on their age, children can time using a sand timer or stopwatch, or teacher can start and stop, and children can do the counting.

There is a daily record card for each child, or a class spread sheet for the children to complete. Find these on the website under the Virtual competition tab.

 At the end of the Autumn term 2020 please send in the highest scores for each year group from EYFS to Year 6. There will be medals for all winners and there are certificates on the website for all those participating.

