



#DevonVirtualGames

Skipping Challenge

Opens: 10am, Monday 1st February 2021

Closes: 5pm, Friday 26th March 2021

Overview

Welcome to the Devon Virtual Games Events hosted by Active Devon and the Devon School Games Organisers. This series of events run throughout the Spring term and will offer young people and families the opportunity to compete against themselves and others whilst maintaining social distancing.

All competitions are virtual, and you can enter as many of them as you like. The competitions are suitable to do at home, in your backyard or garden or at school. They give you the chance to virtually team up with your classmates, represent your school and compete against other children from across Devon.

The Spring term events will run from the 5th January - 1st April 2021 with six different events for you and your family to enter. Individuals and families will be able to submit their entries via an online link. Each competition will be open for a limited amount of time. E-certificates will be issued for all challenges, and any participants who enter the following four challenges: Skipping, Golf, Basketball and the 30 Day Fitness Challenge** will be entered into a prize draw for one of the ten £20 amazon vouchers. Please see below.

You must ensure you are following the [guidance for teachers, school leaders, carers, parents and students](#). Or, if you are taking part at home or outside your home, please ensure you are following the [latest government guidance](#).

Brief Description of the Event:

The #DevonVirtualGames has an exciting opportunity for all the family to get involved in a skipping challenge. If you do not have a skipping rope at home, do not worry, as we want to offer you an incentive to join the challenge. Click on the link below to receive a maximum of two free skipping ropes per family, or two per Key Stage for schools that are working with key worker children. The skipping ropes will also be delivered direct to your door. [Skipping Challenge Rope Incentive Form](#).

There will be a choice of a Gold, Silver or Bronze challenge that consist of different elements like Single Bounce, Double Bounce, Run, Slalom Skip and Speed Skipping. Can you complete the skipping sequence for the duration of time set? If you are not sure what these are, click on the relevant link below to take you to the #DevonVirtualGames Dan the skipping man challenges. He makes it simple and super easy to follow.

Before You Start:

You will need:

- A skipping rope
- A safe area to skip
- Stopwatch
- Something to make a note of your achievement

Primary School Challenge:

Key Stage 1 (Reception – Year 2)

- [Welcome Video and Explanation of Skills](#)
- [How to Skip](#)
- [How to Single Bounce](#)
- [How to Double Bounce](#)
- [How to Run](#)
- [Well Done Video](#)

Bronze (20 seconds)

- [Bronze – Single Bounce](#)
- [Bronze Double Bounce](#)
- [Bronze - Run](#)

Silver (40 seconds)

- [Silver – Single Bounce](#)
- [Silver – Double Bounce](#)
- [Silver - Run](#)

Gold (60 seconds)

- [Gold - Single Bounce](#)
- [Gold - Double Bounce](#)
- [Gold - Run](#)

Key Stage 2 (Year 3 - 6)

- [Welcome Video and Explanation of Skills](#)
- [How to Skip](#)
- [How to Single Bounce](#)
- [How to Double Bounce](#)
- [How to Run](#)
- [How to Slalom](#)
- [How to Speed Skip](#)
- [Well Done Video](#)

Bronze (30 second)

- [Bronze - Single Bounce](#)
- [Bronze - Double Bounce](#)
- [Bronze - Speed Skipping](#)
- [Bronze - Run](#)
- [Bronze - Slalom Skip](#)

Silver (60 second)

- [Silver - Single Bounce](#)
- [Silver - Double Bounce](#)
- [Silver - Speed Skipping](#)
- [Silver - Run](#)
- [Silver - Slalom Skip](#)

Gold (90 Seconds)

- [Gold - Single Bounce](#)
- [Gold - Double Bounce](#)
- [Gold - Speed Skipping](#)
- [Gold - Run](#)
- [Gold - Slalom skip](#)

Secondary School and Adult Challenge

- [How to Skip](#)
- [How to Single Bounce](#)
- [How to Double Bounce](#)
- [How to Run](#)
- [How to Slalom](#)
- [How to Speed Skip](#)
- [Well Done Video](#)

Bronze (30 seconds)

- [Bronze - Single Bounce](#)
- [Bronze - Double Bounce](#)
- [Bronze - Speed Skip](#)
- [Bronze - Run](#)
- [Bronze - Slalom](#)

Silver (60 seconds)

- [Silver - Single Bounce](#)
- [Silver - Double Bounce](#)
- [Silver - Speed Skip](#)
- [Silver - Run](#)
- [Silver Slalom](#)

Gold (90 seconds)

- [Gold - Single Bounce](#)
- [Gold - Double Bounce](#)
- [Gold Speed Skip](#)
- [Gold - Run](#)
- [Gold Slalom](#)

Enter Your Results and Record Your Achievements

Please record your best challenge results online by using this link: [Skipping Challenge Results Form](#). Entries will close at **5pm on Friday 26th March 2021**. We would love to see any photo or video you may be willing to share of your individual or family skipping challenge.

E-certificates and Prize Draw

E-certificates will be issued in the following categories:

- KS1 – Gold, Silver or Bronze
- KS2 – Gold, Silver or Bronze
- Secondary and Adult – Gold, Silver and Bronze

There will also be an additional prize draw of ten £20 amazon vouchers for any participants who enter the following four challenges: Skipping, Golf, Basketball and the 30 Day Fitness Challenge.

Social Media:

Why not share your achievements with us on social media using the **#DevonVirtualGames**.

- [Twitter – @SGDevon](#)
- [Devon School Games Facebook Group](#)

For the full #DevonVirtualGames Overview and Terms & Conditions please [click here](#).