

# HAMPSHIRE SCHOOL GAMES

## HEALTHY HEART WEEK

### SKIPPING CHALLENGE

Welcome to the Hampshire School Games Virtual Skipping Challenges

Competition Intention: To develop physical skills



During Healthy Heart Month in February 2021, the Hampshire School Games Organisers are challenging you to see how many times you can jump over a rope:

- KS1 – how many skips can you do in 30 seconds.
- KS2 – how many skips can you do in 60 seconds.
- KS3/4 – how many skips can you do in 2 minutes.

The challenge can be completed during the week 8 – 12 February 2021. Why not have a go each day and try to beat your score!

It can take place at home or at school. As an individual or as a class; in a PE lessons or at lunchtime!

Schools can send in the top 5 boys and 5 girls highest scores to be entered into the Hampshire Schools Skipping Challenge for a chance to be crowned County Champions! Parents can also send in individual pupils scores to their School

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### SKIPPING CHALLENGE

Using the table below submit your top 5 girls and top 5 boys scores for your school and send your score sheet to your SGO to submit for you.

Total no. of pupils who took part in the challenge		Total no. of <b>BOYS</b> who took part in the challenge		Total no. of <b>GIRLS</b> who took part in the challenge	
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NO.	NAME OR NUMBER	YEAR GROUP	GIRL/BOY	SCHOOL	SKIPPING SCORE
1			GIRL		
2			GIRL		
3			GIRL		
4			GIRL		
5			GIRL		
6			BOY		
7			BOY		
8			BOY		
9			BOY		
10			BOY		

Entries should be submitted by Wednesday 31 March 2021 to be entered for the Hampshire School Games Level Two/Three Events.