

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