

BIRMINGHAM SCHOOL GAMES 2020-21



KS1 Skipping Challenges:

- Single Bounce
- Double Bounce
 - Run

Staff should submit the top 5 individual scores per year group as well as the number of pupils who have participated in each year group.

Select one, two or three challenges to take part!

Start Date: 2nd November 2020
End Date: 16th December 2020

KS1 SKIPPING



Log on to: www.sgochallenge.com

- Register using your email address.
- Enter your unique code which your SGO will share with you via your school.
- Enter your school name and your year group.



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KS1 SKIPPING

SINGLE BOUNCE

The aim of this challenge is to complete as many skips as you can in 20 seconds. To begin, the skipping rope starts behind you.

- Put your feet together as though they are stuck together with glue.
- As the rope comes over the head and hits the ground you need to jump and repeat.
- Make sure you turn from the wrists, relax and keep your arms by your side.
- How many turns can be completed in 20 seconds?



DOUBLE BOUNCE

The aim of this challenge is to complete as many skips as you can in 20 seconds. To begin, the skipping rope starts behind you.

- Put your feet together as though they are stuck together with glue.
- As the rope comes over the head and hits the ground you need to jump and as the rope is in mid air and put a second bounce in.
- Make sure you turn from the wrists, relax and keep your arms by your side.
- How many turns can be completed in 20 seconds?

HOW DO I COMPLETE THE CHALLENGES?

Adaptations

- Bring the rope over your head until it hits the floor and stops- you can then step over the rope.
- Wheelchair users - start at centre point and wheel forward to a line (electric w/c users could do the adaptation but with their hands on a table).



LEADERSHIP

Can your young people:

- Count how many bounces they complete?
- How many bounces their partner completes?
- Set targets for personal improvement for their partner?

Adaptations

- Bring the rope over your head until it hits the floor and stops, jump once and then step over the rope.
- Wheelchair user- start at centre point and wheel forward and then back to central point and repeat once (electric w/c users could do the adaptation but with their hands on a table).

KS1 SKIPPING

Run

The aim of this challenge is to complete as many skips as you can in 20 seconds. To begin, the skipping rope starts behind you.

- Put your feet together as though they are stuck together with glue.
- Make sure your head is looking forward and keep your elbows in.
- As the rope comes over the head keep your knees up high and run over the skipping rope on the spot.
- Make sure each foot hits the ground once as the rope comes through.

How many turns can be completed in 20 seconds?



HOW DO I COMPLETE THE CHALLENGES?

Adaptations

- Bring the rope over your head until it hits the floor and stops, hop over with right foot and land. Then repeat and so the same with the left foot.
- Electric wheelchair users could do the adaptation but with their hands/fingers on a table) W/C user- start at central point and wheel forward to a line at a 45 degree angle to the right, reverse back to central point and do the same at a 45 degree angle.



LEADERSHIP

Can your young people:

- Count how many bounces they complete?
- How many bounces their partner completes?
- Set targets for personal improvement for their partner?





BIRMINGHAM SCHOOL GAMES 2020-21

KS2 SKIPPING



KS2 Skipping Challenges:

- Single Bounce
- Speed Skipping
- Double Bounce
 - Run
 - Slalom

Staff should submit the top 5 individual scores per year group as well as the number of pupils who have participated in each year group.

Select one, two, three or all four challenges to take part!

Start Date: 2nd November 2020
End Date: 16th December 2020

Log on to: www.sgochallenge.com

- Register using your email address.
- Enter your unique code which your SGO will share with you via your school.
- Enter your school name and your year group.



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KS2 SKIPPING

SINGLE BOUNCE

The aim of this challenge is to complete as many skips as you can in 30 seconds. To begin, the skipping rope starts behind you.

- Put your feet together as though they are stuck together with glue.
- As the rope comes over the head and hits the ground you need to jump and repeat.
- Make sure you turn from the wrists, relax and keep your arms by your side.
- How many turns can be completed in 30 seconds?



SPEED SKIPPING

The aim of this challenge is to complete as many skips as you can in 30 seconds. To begin, the skipping rope starts behind you.

- Put your feet together as though they are stuck together with glue.
- Make sure your head is looking forward and keep your elbows in.
- As the rope comes over your head and hits the ground hop over the rope with your right foot and on the next turn on your left foot.
- Hop on your feet at every single turn, one hop per turn.
- How many turns can be completed in 30 seconds?

HOW DO I COMPLETE THE CHALLENGES?

Adaptations

- Bring the rope over your head until it hits the floor and stops- you can then step over the rope.
- Wheelchair users - start at centre point and wheel forward to a line (electric w/c users could do the adaptation but with their hands on a table).



LEADERSHIP

Can your young people:

- Count how many bounces they complete?
- How many bounces their partner completes?
- Set targets for personal improvement for their partner?



Adaptations

- Jump without the rope jumping on a spot or a marker on the floor.
- Electric wheelchair users can use index finger to see how many times they can jump (hit the desk with their index finger).
- Shorten the distance from the line in front of pupil and pupil should move forwards and then back to central point.

KS2 SKIPPING

SLALOM

The aim of this challenge is to complete as many skips as you can in 30 seconds by jumping over a virtual line whilst skipping. To begin, the skipping rope starts behind you.

- Put your feet together as though they are stuck together with glue.
- Make sure your head is looking forward and keep your elbows in.
- Start by standing on one side of the line with the rope behind you.
- Jump either side of the line with a single bounce, if this is a little too difficult try using a double bounce instead.
- How many turns can be completed in 30 seconds?



DOUBLE BOUNCE

The aim of this challenge is to complete as many skips as you can in 30 seconds. To begin, the skipping rope starts behind you.

- Put your feet together as though they are stuck together with glue.
- As the rope comes over the head and hits the ground you need to jump and as the rope is in mid air put a second bounce in.
- Make sure you turn from the wrists, relax and keep your arms by your side.
- How many turns can be completed in 30 seconds?

HOW DO I COMPLETE THE CHALLENGES?

Adaptations

- Bring the rope over your head until it hits the floor and stops, step over the rope and then jump to the right and back to the centre, repeat, but the second time jump to the left and back to the centre.
- Wheelchair users- mark out two lines front and behind pupil wheel backwards and forwards to each line. Electric W/C use fingers on desk moving index and middle finger from right to left.



LEADERSHIP

Can your young people:

- Count how many bounces they complete?
- How many bounces their partner completes?
- Set targets for personal improvement for their partner?



Adaptations

- Bring the rope over your head until it hits the floor and stops, jump once and then step over the rope.
- Wheelchair users- start at centre point and wheel forward and then back to central point and repeat once (electric W/C users could do the adaptation but with their hands on a table).

www.sgochallenge.com

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KS2 SKIPPING

Run

The aim of this challenge is to complete as many skips as you can in 20 seconds. To begin, the skipping rope starts behind you.

- Put your feet together as though they are stuck together with glue.
- Make sure your head is looking forward and keep your elbows in.
- As the rope comes over the head keep your knees up high and run over the skipping rope on the spot.
- Make sure each foot hits the ground once as the rope comes through.

How many turns can be completed in 20 seconds?



HOW DO I COMPLETE THE CHALLENGES?

Adaptations

- Bring the rope over your head until it hits the floor and stops, hop over with right foot and land. Then repeat and so the same with the left foot.
- Electric wheelchair users could do the adaptation but with their hands/fingers on a table) W/C user- start at central point and wheel forward to a line at a 45 degree angle to the right, reverse back to central point and do the same at a 45 degree angle.



LEADERSHIP

Can your young people:

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- Set targets for personal improvement for their partner?



Birmingham School Games are working with Dan the Skipping Man® to get everyone participating in skipping.

Dan the Skipping Man® offer a wide range of options from:

- Dan the Skipping Man® Days (live in schools – COVID procedures applied) with one of Team DTSM
 - RopestoPupils (bulk discounted orders see below)
- Amazing virtual content on www.youtube.com/dantheskippingman BUT also on our own Virtual School Games challenge series.

If you want to see exactly what Dan the Skipping Man® offer watch this [short video to explain more](#).

#RopestoPupils Bulk order discount scheme has been set up to reduce sharing across pupils, maximise participation and offer the highest quality resources for schools.

If you want more regarding [Ropes to Pupils click here](#).
Ropes can be delivered in 24 hours.

DTSM will offer the Partnerships Schools discount rates on Ropes to Pupils Bulk order discounts, as per below (PLEASE REMEMBER to mention the Partnership when ordering to ensure Dan and his team know to give the special rate). You can use the discount multiple times during the course of the DTSM/ Birmingham School Games work on this series, but discounts are per order not accumulative.

Birmingham Discounts (Bulk orders of ropes):

- Bronze - 50-299 12.5% discount (Unit cost Standard rope £3.50 +VAT) (Unit cost Solar rope £4.38 +VAT)
- Silver - 300-599 13.5% (Unit cost starts from £3.46 +VAT) (Unit cost Solar rope £4.33 +VAT)
- Gold - 600+ 15% (Unit cost starts from £3.40 +VAT) (Unit cost Solar rope £4.25 +VAT)

On Ropes to Pupils orders please email Dan@dantheskipingman.com for a quote.

For information or quotes email Dan@dantheskipingman.com or call 07834550552 where the DTSM team will be happy to help.

