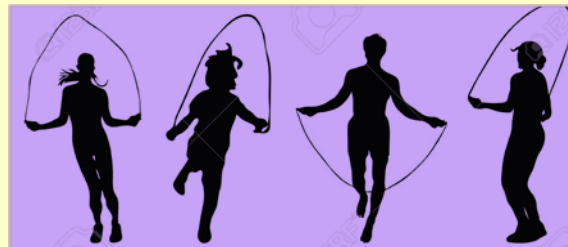




HSSP Virtual jump rope competition



2022-23



We would like to invite your school to take part in our virtual jump rope (skipping) competition.

- On the next few slides are a set of jump rope challenges.
- Each challenge has a picture and an explanation.
- There is a time limit of 1 minute for each challenge.
- There are different challenges for early years, years 1 & 2, years 3 & 4 and years 5 & 6
- This will be an inter competition – your school against other schools, but you will not meet up – it will be done virtually.
- You can also use it as an intra competition – a competition within your school. It might be individuals against each other, class v class or an inter house competition.
- There are sheets for you to record results on this PowerPoint and an excel spreadsheet (attached to the email) for you to fill in and return to us if you would like to compete against other schools.
- All of your children can take part in these challenges but we only want you to send us the results from your 10 best students (total up the results of each child's 3 challenges – then look for the highest 10 scores).
- Children could do these challenges at lunchtime, but your staff might prefer to do them as a set of lessons.
- There is no limit to the number of times that the children can attempt each challenge – and they only need to record their best result.
- The amount of equipment that you will need is minimal – 5 jump ropes (1 for each of the 6 individual pupils/bubbles) **OR** 15 jump ropes (1 rope between 2) **OR** 30 jump ropes (1 each) and a stop watch.
- Remember for pupils to wash hands before and after each lesson and to wash and clean sports equipment regularly.



Record your results

It is important that your results are accurate, but the teacher doesn't have to do all of the work! Each challenge could be done as part of a PE lesson **OR** they could be set as a challenge to do at lunchtime.

Create a chart

Each child could have their own results card **OR** each bubble of children could have a results card **OR** one person could be in charge of collecting all of the results. The results could be displayed in the classroom as a paper copy **OR** could be shown electronically to the whole class after everyone has completed the challenge.

Send your results to us

All results will have to be electronically sent to the Virtual Event organiser via email using the attached excel spread sheet. **PLEASE INSERT CHRISTIAN NAMES ONLY.**

****** You will need to verify that your results are correct. Lunchtime supervisors could oversee the challenges **OR** they could be filmed so that you can check any outlandish results. (You can film more than one child at a time). If we receive any results that we deem to be unusual, we would ask you to send us proof – **please film the child from behind.** ******

The completed excel spreadsheet should be sent to: -
your S.G.O. Claire Moore email: moorec@thehowardschool.co.uk

by: -

Friday 7th July 2023

EARLY YEARS

	NAME	JUMP OVER LINE & LAND ON 2 FEET	JUMP SIDEWAYS OVER LINE/ROPE	JUMP OVER A STATIC ROPE
1				
2				
3				
4				
5				
6				
7				
8				
9				
10				
11				
12				
13				
14				
15				

	NAME	JUMP OVER LINE & LAND ON 2 FEET	JUMP SIDEWAYS OVER LINE/ROPE	JUMP OVER A STATIC ROPE
16				
17				
18				
19				
20				
21				
22				
23				
24				
25				
26				
27				
28				
29				
30				

[illegible][illegible][illegible][illegible][illegible][illegible]

YEARS 1 & 2

	NAME	JUMP OVER ROPE/LINE	JUMP OVER SWINGING ROPE	FORWARD JUMP/STEP
1				
2				
3				
4				
5				
6				
7				
8				
9				
10				
11				
12				
13				
14				
15				

	NAME	JUMP OVER ROPE/LINE	JUMP OVER SWINGING ROPE	FORWARD JUMP/STEP
16				
17				
18				
19				
20				
21				
22				
23				
24				
25				
26				
27				
28				
29				
30				

[illegible]

YEARS 3 & 4

	NAME	FORWARD SKIP	SLALOM	HOPSCOTCH
1				
2				
3				
4				
5				
6				
7				
8				
9				
10				
11				
12				
13				
14				
15				

	NAME	FORWARD SKIP	SLALOM	HOPSCOTCH
16				
17				
18				
19				
20				
21				
22				
23				
24				
25				
26				
27				
28				
29				
30				

YEARS 5 & 6

	NAME	FORWARD SKIP	ROCKER	DOUBLE UNDER
1				
2				
3				
4				
5				
6				
7				
8				
9				
10				
11				
12				
13				
14				
15				

	NAME	FORWARD SKIP	ROCKER	DOUBLE UNDER
16				
17				
18				
19				
20				
21				
22				
23				
24				
25				
26				
27				
28				
29				
30				

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BUBBLE 3	FORWARD SKIP	ROCKER	DOUBLE UNDER

[illegible]

**What length
jump ropes
do you need?**

LEARNING THE ROPES

PART 2

Advice from JUMP ROPE FOR HEART – British Heart Foundation

file:///C:/Users/ENDUSE~1/AppData/Local/Temp/jrfh_teachers_manual_part2_gettingstarted.pdf

Getting the right ropes

BHF ropes are made of durable translucent vinyl cord, with easy grip handles that won't tire the skipper's hands.

Your Organiser's kit includes a selection of skipping ropes. You can order more online at bhf.org.uk/jumpzone

If you're buying other ropes, it's worth noting that:

- good quality ropes turn easily and have handles
- beaded ropes have a smooth skipping action, and the sound as they hit the floor helps develop good rhythm.

Skipping ropes come in different lengths, to suit the skipper's height. See table on the right and the next page.

Short ropes	Skipper's height
7 feet (2.1 metres) BHF red rope	Up to 4 feet 10 inches (147 centimetres)
8 feet (2.4 metres) BHF blue rope	4 feet 11 inches – 5 feet 4 inches (150 – 163 centimetres)
9 feet (2.7 metres) BHF yellow rope	5 feet 5 inches – 5 feet 11 inches (165 – 180 centimetres)
10 feet (3.1 metres) BHF green rope	Someone between 6 feet - 6 feet 6 inches (183 - 198 centimetres)
Long rope	
16 feet (4.9 metres) BHF dark grey rope	Best all-purpose length for long rope activities ie, Double Dutch

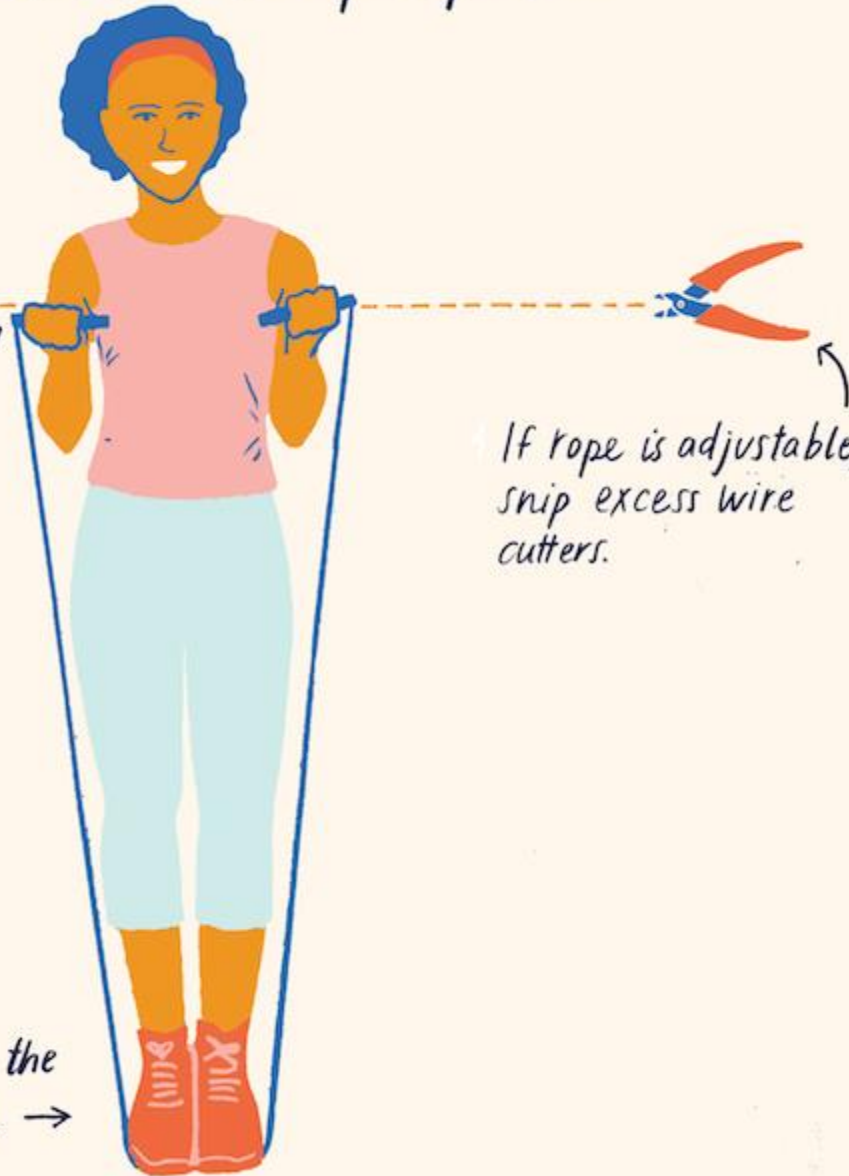
How Long Should a Jump Rope Be?

Measure at
your armpits. →

Don't include the handles!

If rope is adjustable,
snip excess wire
cutters.

Step on the middle of the
rope and pull it taut. →



**Early
Years**

CHALLENGE 1 - JUMP OVER A LINE & LAND ON 2 FEET

EQUIPMENT
stop watch

Time allowed - 1 minute



Run around the playground
Jump over any line and land on 2 feet
Each time you jump over a line AND LAND
ON 2 FEET = 1 repetition

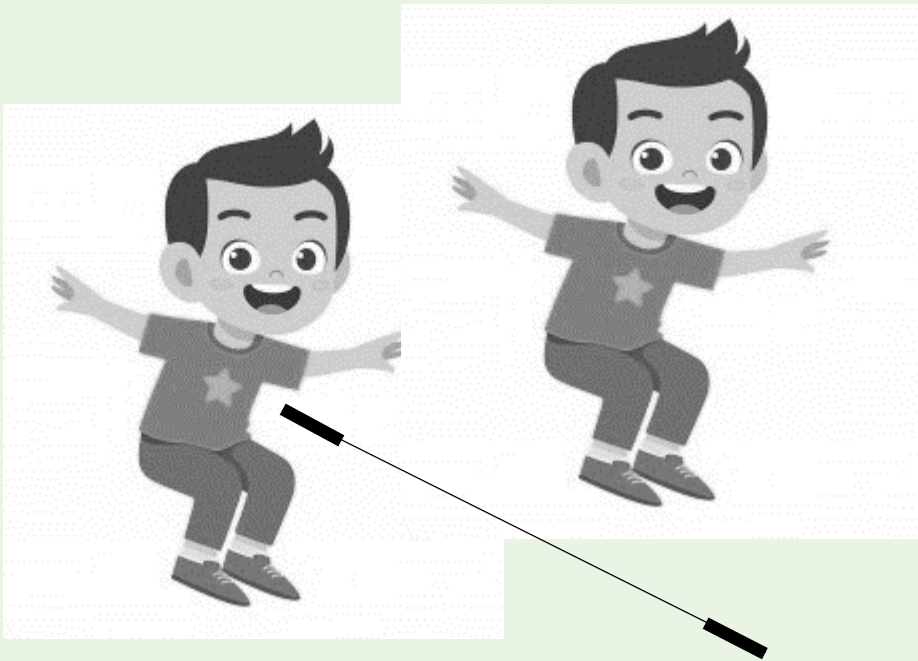
Children cannot stay on the same line – they
must move around the playground

CHALLENGE 2 - JUMP OVER A JUMP ROPE OR A LINE

Time allowed - 1 minute

EQUIPMENT

jump rope
stop watch



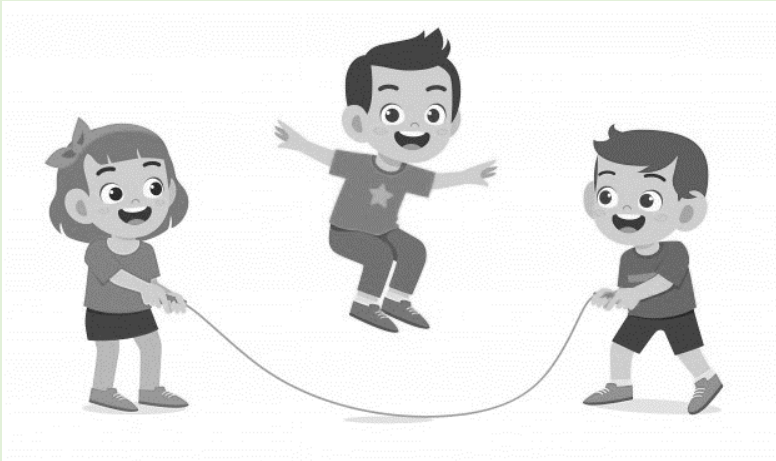
Stand on one side of a rope **OR** line
Jump sideways across the line
Each time you cross the line AND RETURN
= 1 repetition

CHALLENGE 3 - JUMP OVER A STATIC ROPE

Time allowed - 1 minute

EQUIPMENT

jump rope
stop watch



The rope is held at each end – it **MUST** be touching the ground and **MUST NOT MOVE**

Jump sideways across the rope
Each time you jump over the rope **AND RETURN**
= 1 repetition

Years

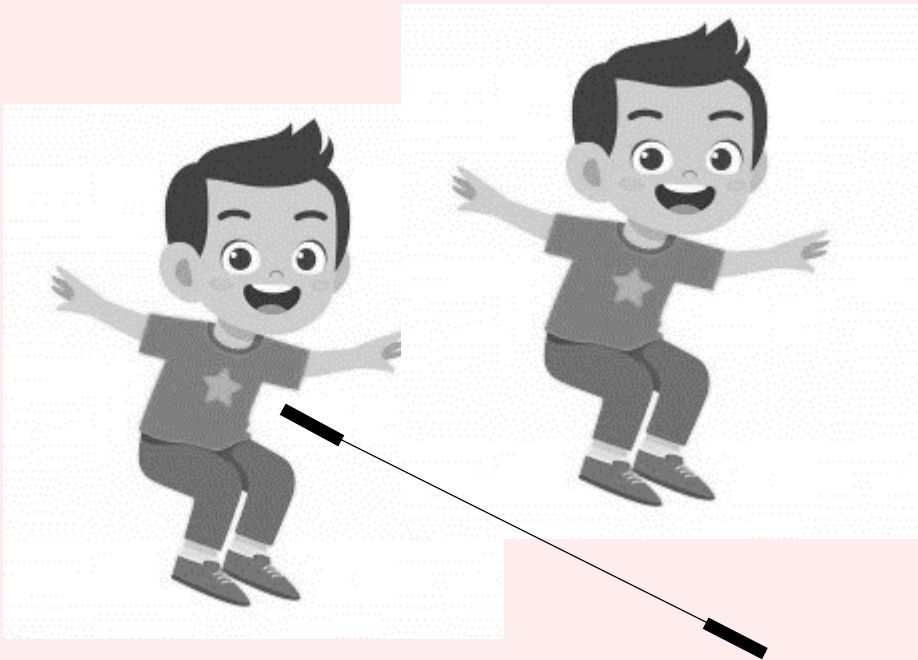
1 & 2

CHALLENGE 1 - JUMP OVER A JUMP ROPE OR A LINE

Time allowed - 1 minute

EQUIPMENT

jump rope
stop watch



Stand on one side of a rope **OR** line
Jump sideways across the line
Each time you cross the line AND RETURN
= 1 repetition

CHALLENGE 2 - JUMP OVER SWINGING ROPE

Time allowed - 1 minute

EQUIPMENT

jump rope
stop watch



The rope is swung gently from side to side –
the middle **MUST** be touching the ground

Stand to one side of rope

As it swings towards you, jump over it

Each time you jump over the rope **AND**
RETURN = 1 repetition

CHALLENGE 3 - FORWARD SKIPPING/STEPPING

Time allowed - 1 minute

EQUIPMENT

jump rope
stop watch



Hold both ends of the jump rope
Rope starts behind feet
Swing rope over head
Jump OR step over the rope
This is 1 repetition

Years

3 & 4

CHALLENGE 1 - FORWARD SKIPPING

Time allowed - 1 minute

EQUIPMENT

jump rope
stop watch



Hold both ends of the jump rope
Rope starts behind feet
Swing rope over head & jump
This is 1 repetition

INCLUSION

Children who cannot turn the rope,
can have 1 or 2 people turning their
rope.



CHALLENGE 2 - SLALOM

Time allowed - 1 minute

EQUIPMENT

jump rope
stop watch



Stand on one side of a line
Each time the rope goes over your head,
you have to jump across a line.
Each time you cross the line AND RETURN
= 1 repetition



CHALLENGE 3 - HOPSCOTCH

Time allowed - 1 minute

EQUIPMENT

jump rope
stop watch



Hop on 1 foot
Jump on 2 feet
This = 1 repetition

Years

5 & 6

CHALLENGE 1 - FORWARD SKIPPING

Time allowed - 1 minute

EQUIPMENT

jump rope
stop watch



Hold both ends of the jump rope
Rope starts behind feet
Swing rope over head & jump
This = 1 repetition

INCLUSION

Children who cannot turn the rope,
can have 1 or 2 people turning their
rope.



CHALLENGE 2 - ROCKER

Time allowed - 1 minute

EQUIPMENT

jump rope
stop watch



Hop on left foot, swing right leg forward
Hop on right foot, swing left leg forward
This = 1 repetition



CHALLENGE 3 - DOUBLE UNDER

Time allowed - 1 minute

EQUIPMENT

jump rope
stop watch



Jump once but turn the rope twice
(the rope goes under your feet twice)
This = 1 repetition