

DEVELOP



SCHOOL GAMES

SUFFOLK VIRTUAL COMPETITIONS

2021

VIRTUAL SKIPPING

DATES Closing date 26th March

TARGET AUDIENCE

These events are for students who like friendly competition but don't solely focus on winning, instead they include a School Games Value focus, giving students the opportunity for personal development.

YEAR GROUPS

Years 1 & 2 Girls and Boys
Years 3 & 4 Girls and Boys
Years 5 & 6 Girls and Boys

WHERE

At home or at your school

LEADERSHIP OPPORTUNITIES

- Using leaders to demonstrate the tasks.
- Using leaders to lead part of the session (eg. warm up / Cool Down).
- Using Leaders to time the activities.
- Using leaders to record Results.
- Using leaders to take photographs for use on social media.

SCHOOL GAMES

VALUES

During each of the competition's pupils are challenged to demonstrate the School Games values



DETERMINATION - Determination is about the journey you go on to push yourself and achieve your dreams.



PASSION - Giving it 100 percent. Putting your heart and soul into the game and never giving up.



RESPECT - Respect for the referee, for the opposition, for your team mates, for yourself and for the game.



HONESTY - Honesty with others and with yourself. Having the courage to do the right thing and what you know is right.



SELF BELIEF - You've got to believe to achieve. Have the self-belief and confidence to succeed and reach your personal best.



TEAMWORK - Treating everybody equally, supporting each other and working together to achieve at your very best level.

Information

Key Stage 1 - Students complete three skipping challenges – Double Bounce, Running, and Single Bounce. These can be done at three different levels – Bronze (20 seconds), Silver (40 seconds), and Gold (60 seconds).

Key Stage 2 - Students complete five skipping challenges – Double Bounce, Running, Single Bounce, Slalom and Speed. These can be done at three different levels – Bronze (30 seconds), Silver (60 seconds), and Gold (90 seconds).

Full details can be accessed through the link emailed to your school or [watch](#) here.

There is no limit on how many children take part. We hope you will involve as many as possible!

Prizes, certificates and stickers will be available for those best demonstrating the School Games Values.

Equipment

Skipping ropes

Partner/helper to time the challenge and count



SCORING

The attached score sheet can be used for the event. This will also enable you to record Personal Bests.

You do not need to submit your scores but we are happy to have them to help with data recording.

HOW TO ENTER

Please return your participation data sheet by 26th March to sgo@westbourne.attrust.org.uk



