



WEST NORFOLK SSP



PERSONAL CHALLENGES

SKIPPING CHALLENGE

Who for?

Year 7 & 8

Where?

Adaptable to all areas Indoors or outdoors

Equipment needed

Skipping Rope
Stopwatch

Sports Leadership

Think about how pupils could be used to help staff run the competition.

What roles could they help with?

- Activity set up
- Recording scores

COVID-19 Safety

The SSP Personal Challenges should be completed in accordance with your schools COVID-19 PE policy.

School Games Values

During each of the challenges pupils are challenged to demonstrate the School Games values;

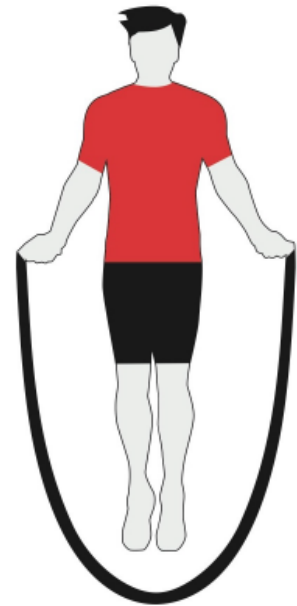
- **Determination** - Determination is about the journey you go on to push yourself and achieve your dreams. Have the mental strength and self-discipline to overcome obstacles, commit to your goals and keep working every day to become the very best you can be. Don't hold back!
- **Passion** - Giving it 100 percent. Putting your heart and soul into the game and never giving up. Passion makes you enter the race and passion makes you finish it.
- **Respect** - Respect for the referee, for the opposition, for your teammates, for yourself and for the game. Accepting victory and defeat with grace, treating others politely and with understanding. Respect every day, for every sport and everyone.
- **Honesty** - Honesty with others and with yourself. Having the courage to do the right thing and what you know is right. Let the best person win, not the best cheat.
- **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. Celebrate each other's successes and be a positive team player.



The Physical Challenge

How many times can you skip in 60 seconds?

Both feet must land over the rope for the skip to count.



#StayHomeStayActive

Achieve Gold

70 skips



Achieve Silver

50 skips



Achieve Bronze

30 skips



SSP Challenge – how many times can you skip in 60 secs?