

Skipping: a School Games format card

Skipping isn't one of the School Games sport formats, so record it as "Other". These four formats give you a consistent way to run it, from a personal challenge to an area final. Every one can be led by Year 5 and 6 leaders with an adult in charge.

30-second speed challenge

Personal challenge

Intra-school

Inter-school (virtual)

Suggested intent: Increase regular participation and motivation; Improve health and wellbeing (60 active minutes)

Players: A whole class, in pairs: one skipper, one counter. **Kit:** A rope each, the voiced timer (vsl.org.uk/timer).

- Timer: "Counters ready, skippers ready, 5-4-3-2-1", then a buzzer.
- Skip for 30 seconds. Count 1 every time the rope passes under the feet. Stepping over counts.
- After a trip, start again straight away: the count carries on.
- Swap. Record every go.

Scoring: Each pupil's best is their score. Class score: the average of the best 80%, every pupil counted. Compare classes in the same year group.

Time: About 5 minutes a class.

Team speed

Intra-school

Inter-school

Area final

Suggested intent: Promote success and achievement; Build social skills and connections

Players: Teams of 4, mixed girls and boys. **Kit:** A rope each, the timer, a scoresheet.

- Each team member does a 30-second go in turn, with a teammate counting.
- Add the four scores together for the team total.
- Teams cheer each other on; the next skipper is ready at the line.

Scoring: Team total of four 30-second scores. Best of two rounds.

Time: About 4 minutes a team.

Long rope: keep the pot boiling

Intra-school

Festival

Suggested intent: Build social skills and connections; Develop confidence and competence

Players: Teams of 6 to 8, plus 2 turners (adults or Year 5 and 6 leaders). **Kit:** A 7.5 m long rope.

- Skippers queue beside one turner, run in, jump once in the middle and run out past the other turner (Figure of Eight).
- They loop round to the other queue and keep the pot boiling: no empty turns.
- If the rope stops, the turners restart and the count carries on.

Scoring: The number of successful jumps in 2 minutes.

Time: Practice, then 2 minutes a team.

Skipping Awards festival

Personal challenge

Festival

Suggested intent: Develop confidence and competence within physical activity/sport skills

Players: A year group, at stations. **Kit:** Ropes, long ropes, the Skipping Awards level chart.

- Set out a station for each Award skill your pupils are working on.
- Pupils move round, trying the skills for their next level.
- Leaders and staff watch: a skill passes when it is shown with control.

Scoring: No winners: count the pupils who pass a new level.

Time: 60 to 90 minutes for a year group.

Running it well

Make it fair

- One counting rule for everyone: 1 every time the rope passes under the feet.
- Ropes the right length: standing on the middle, the handles reach just below the armpits.
- Compare classes in the same year group, and score classes on the average of their best 80%, every pupil counted.
- Record every go. Each pupil's best is their score; every go counts as activity.
- Add awards for the most improved and the most active classes.

Roles for young leaders

- **Counter:** counts out loud and writes the score.
- **Timer:** runs the voiced timer.
- **Turner:** turns the long rope steadily.
- **Scorer:** adds up team and class totals.
- **Kit Keeper:** ropes out, counted back in.

Safety

- Warm up first; finish with a cool-down.
- Trainers, and a flat, dry floor or playground.
- An arm's length between skippers; the long rope queue to one side.
- Ropes are only for skipping, and never go round anyone's neck.
- An adult is always in charge.

Record it

For the School Games Mark, note the date, format, level, intent, who took part (girls and boys, pupils with SEND, your least active pupils) and the results. The skip-hop evidence pack has a sheet for it. Use evidence from Years 3 to 6.

Run it virtually, free. In the Virtual Skipping League schools enter their own 30-second scores, and SGOs get live area tables, area challenges and participation totals. vsl.org.uk

Adapt it for everyone: STEP

Change the...	Skipping examples
Space	A marked square each; more room around the long rope; a quieter corner for anyone who finds a busy hall hard.
Task	Step-overs count; swing, stop and jump instead of continuous skipping; 15-second goes; jump a rope laid on the floor; seated rope swinging.
Equipment	A beaded rope to feel the turn; the right rope length; a long rope turned slowly; a clear sound or visual cue to start.
People	A buddy to count; an adult or leader turns; mixed-ability teams; leaders demonstrate first.