

# Help Guides

## Elliston Primary Skipping Challenge

Name:

	<u>Can you complete our challenge?</u>	Date Achieved	Observed by
<b>B</b>	I can do 20 or more skips without the rope stopping		
<b>R</b>	I can skip for 1 minute		
<b>O</b>	I can do 10 side straddle without the rope stopping		
<b>N</b>	I can do 15 scissor jumps without the rope stopping		
<b>Z</b>	I can skip for 2 minutes		
<b>E</b>	I am able to do 50 or more skips in the 2 minute challenge		
<b>S</b>	I can do 40 or more skips without the rope stopping		
<b>I</b>	I can do 10 criss cross without the rope stopping		
<b>L</b>	I am able to do 100 or more skips in the 2 minute challenge		
<b>V</b>	I can skip and do the full turn without stopping		
<b>E</b>	I can do the heel-toe without stopping		
<b>R</b>	I can do the jogging step whilst travelling		
<b>Λ</b>	I can do 60 or more skips without the rope stopping		
<b>G</b>	I can do the can can without stopping		
<b>O</b>	I can do 10 side swing cross without stopping		
<b>L</b>	I can do the double under and continue skipping		
<b>D</b>	I can do 10 pretzel(up & under) without stopping		
<b>Λ</b>	I am able to do 150 or more skips in the 2 minute challenge		