

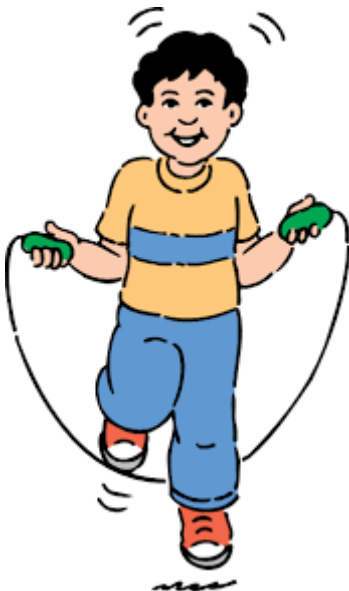
Spring 2 Physical Challenge

Skipping Challenge – with Dan the Skipping Man

This is a great personal best challenge to work towards throughout the term. Can you improve how many jumps you can complete in 60 seconds?

Challenge: During the week beginning 21st March 2022, in a PE lesson, you will complete the following skips for 60 seconds (silver level) and record your best score.

SINGLE BOUNCE
DOUBLE BOUNCE
RUNNING ON THE SPOT
SLALOM
SPEED SKIPPING



Why not practice these skips during break and lunch times, or even at home to see if you can improve on your personal best.