



YOU SKIP

FESTIVAL TOOLKIT

MONDAY 7TH JUNE - FRIDAY 18TH JUNE

@CWSCHOLSPORT

#CSWYOUSKIP



@DAN_DTSM



MEET THE CSW TEAM



Hollie Williams
North Solihull
@SolihullNorth



Julie Chrysostomou
South Solihull
@SSolihullSSP



Stu Davoile
Coventry East
@SGOCOventryEast



Danny Kingham
Coventry West
@SGOCOventryWest



Ali Knight
Central Warwickshire
@CWSchoolSport



Andy Sandford
Southern Warwickshire
@swschoolgames



Ian Smart
Eastern Warwickshire
@Harris_SSP



Rory Leggett
Northern Warwickshire
@Schoolgames_nw

Tweet us with your efforts using your area Twitter handle!

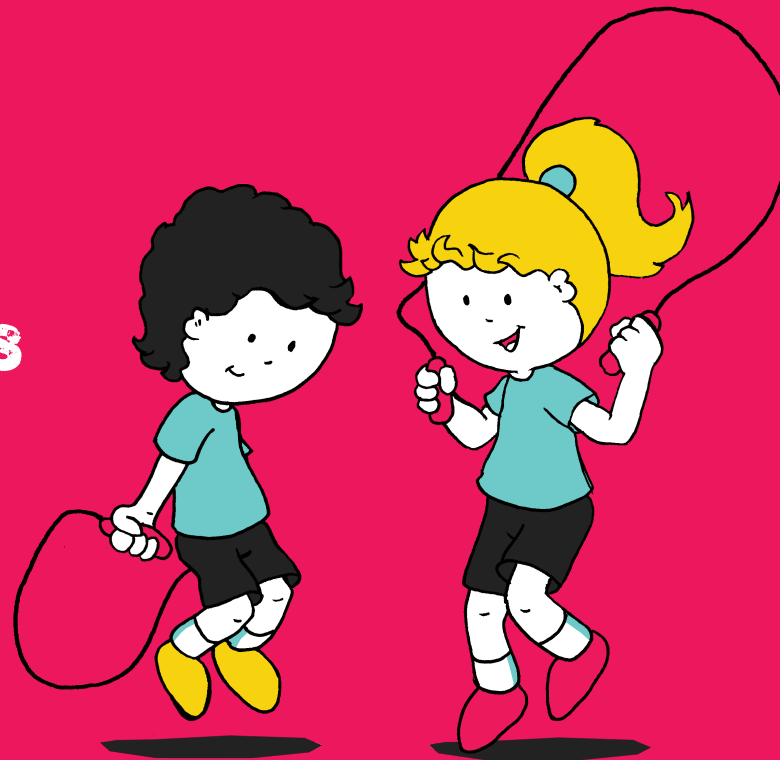
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THE BENEFITS OF SKIPPING
YOUSKIP FESTIVAL DETAILS
THE CHALLENGES – KS1
MUNL PASSPORT – KS1
THE CHALLENGES – KS2
MUNL PASSPORT – KS2
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SKIPPING : THE BENEFITS



There are numerous benefits that can be gained through skipping - with just a few examples shown below...



Development of health, fitness and fundamental movement skills



Improves agility, balance and coordination



Improves self-esteem, confidence and determination



Interaction in practice sessions will improve teamwork and communication



Engages age groups through positive playground interaction



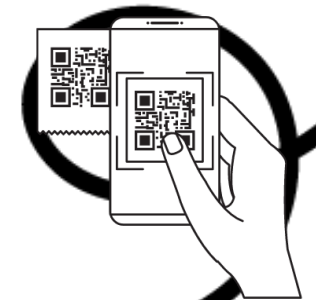
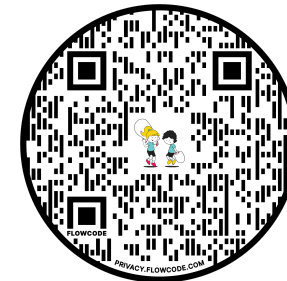
Promotes whole-school understanding of Personal Best



You vs. You - using skipping to challenge each pupil to be the best they can be! Developing physical, personal, social and emotional health; engaging young people to be physically active for life through positive experiences of daily activity and competition.

FUNDAMENTALS OF TEACHING SKIPPING...

Not sure how to teach skipping? Use the QR code to watch Dan the Skipping Man explain the basics of how to skip! Open the camera on your phone or tablet, hold it over the QR code, and click on the link that appears.



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FESTIVAL DETAILS

WHY GET INVOLVED?

This is a fantastic opportunity to engage the whole school in a fun, developmental and accessible festival - which promotes physical activity and encourages the concept of Personal Best.

WHEN IS THE FESTIVAL?

Monday 7th June to Friday 18th June. You can also continue to use this resource after these dates!

WHO CAN TAKE PART?

All pupils and staff. The resources target KS1 & KS2, but schools can adapt to include EYFS. The festival includes in-school challenges for pupils and the whole school, as well as additional challenges to encourage pupils and their families to get involved in skipping at home.

HOW DO WE TAKE PART?

The YouSkip Festival is open to infant, junior and primary schools in Coventry, Solihull and Warwickshire. You can deliver the festival: in PE lessons, as activity breaks, during break times and/or as part of after-school clubs. Don't forget to share with families too so they can get involved at home!



FESTIVAL DETAILS

WHAT DO WE NEED TO RECORD?

* This YouSkip Festival toolkit includes a set of challenges and a 'Pupil Passport' for KS1 (Page 5) & KS2 (Page 7). Print the 'Pupil Passport' (one per pupil), and mark it for each challenge completed, using: a smiley face, a teacher stamp...it's completely up to you!

* To support the School Games Mark Framework, schools should add this to the School Games website as an event.

* Your SGO will email you a YouSkip Festival engagement sheet, which should be used to record your pupil participation data. Please make sure to complete and send back to your SGO. This information will be required to be able to distribute YouSkip Festival Mark certificates.

STEPS TO SUCCESSFULLY IMPLEMENT THIS FESTIVAL IN YOUR SCHOOL...

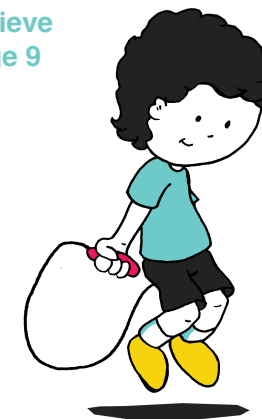
1. The resource will provide all information needed to take part in the YouSkip Festival
2. Share with colleagues in school to decide how you will deliver the festival
3. Share with families so they can get involved in skipping at home
4. Post your involvement on social media wherever possible
5. Ask your SGO if you have any questions, or for any further help

WHAT DO WE GET FOR TAKING PART?

* The completed 'Pupil Passport' will be your pupils' certificate for taking part in the festival - which you can print in either A4 or A5.

* Get involved in the school flash challenge competition to be in with a chance of winning a Dan The Skipping Man school prize.

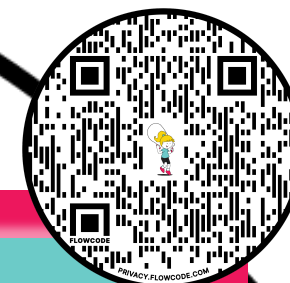
* Schools who have completed the pupil challenges, school flash challenges and have submitted the engagement sheet to their SGOs will achieve a YouSkip Festival Mark - please see Page 9 for the criteria.



GOOD LUCK!

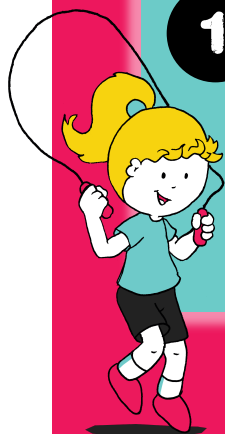
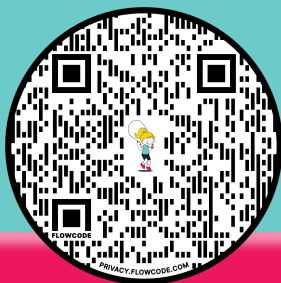
THE CHALLENGES – KS1

Scan the QR code and watch Dan the Skipping Man introduce the KS1 challenges



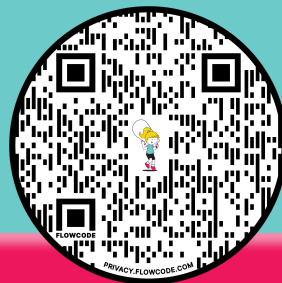
1

SINGLE BOUNCE



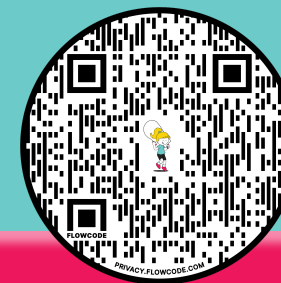
2

DOUBLE BOUNCE



3

RUN



FOR EACH CHALLENGE:

Watch the relevant skipping technique video using the QR codes above - open the camera on your phone or tablet, hold it over the QR code, and click on the link that appears.



Skip using the technique for:
20 SECS 40 SECS 60 SECS















Complete pupil passports (Page 5) at the end of each challenge, to keep a record of achievement. Pupils can take their completed passports home at the end of the festival.

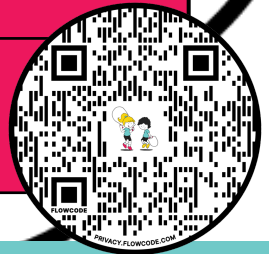
4

Pupils must be able to complete the challenges continuously and with minimal errors for the set time. We expect schools to use their own judgement to decide if pupils have achieved the bronze, silver or gold level before moving on.

PUPIL PASSPORT – KS1

Name:	20 SECONDS	40 SECONDS	60 SECONDS
 <p>SINGLE BOUNCE</p>	 <input data-bbox="1064 491 1189 616" type="checkbox"/>	 <input data-bbox="1489 491 1615 616" type="checkbox"/>	 <input data-bbox="1915 491 2040 616" type="checkbox"/>
 <p>DOUBLE BOUNCE</p>	 <input data-bbox="1064 719 1189 844" type="checkbox"/>	 <input data-bbox="1489 719 1615 844" type="checkbox"/>	 <input data-bbox="1915 719 2040 844" type="checkbox"/>
 <p>RUN</p>	 <input data-bbox="1064 948 1189 1072" type="checkbox"/>	 <input data-bbox="1489 948 1615 1072" type="checkbox"/>	 <input data-bbox="1915 948 2040 1072" type="checkbox"/>

Well done for taking part in the YouSkip Festival!
 Use the QR code to check out our 'Trick Series' challenges you can take part in at home!



5

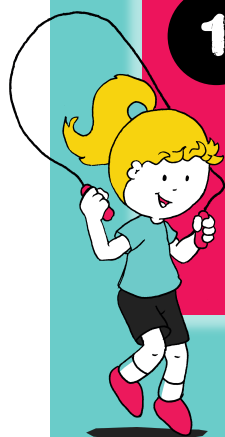
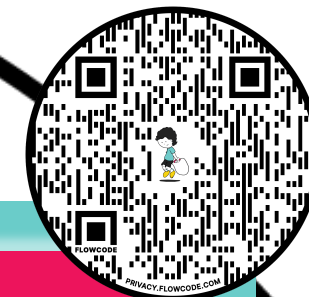
SHOW US YOUR COMPLETED PASSPORT



#CSWYOU SKIP

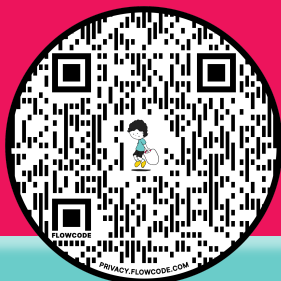
THE CHALLENGES – KS2

Scan the QR code and watch Dan the Skipping Man introduce the KS2 challenges



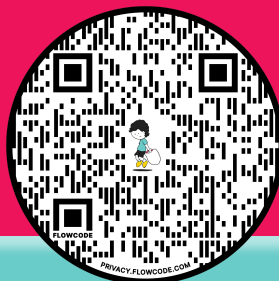
1

SINGLE BOUNCE



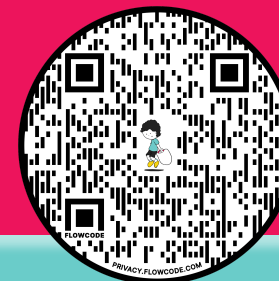
2

RUN



3

SLALOM



FOR EACH CHALLENGE:

Watch the relevant skipping technique video using the QR codes above - open the camera on your phone or tablet, hold it over the QR code, and click on the link that appears.



Skip using the technique for:
30 SECS 60 SECS 90 SECS









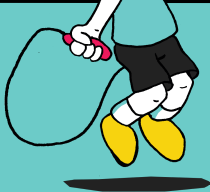





Complete pupil passports (Page 7) at the end of each challenge, to keep a record of achievement. Pupils can take their completed passports home at the end of the festival.

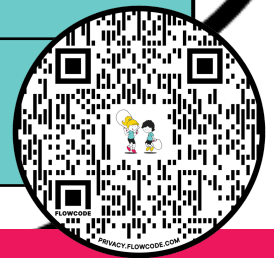
6

Pupils must be able to complete the challenges continuously and with minimal errors for the set time. We expect schools to use their own judgement to decide if pupils have achieved the bronze, silver or gold level before moving on.

PUPIL PASSPORT - KS2

Name: <input type="text"/>	30 SECONDS	60 SECONDS	90 SECONDS
 <p>SINGLE BOUNCE</p>	 <input type="checkbox"/>	 <input type="checkbox"/>	 <input type="checkbox"/>
 <p>RUN</p>	 <input type="checkbox"/>	 <input type="checkbox"/>	 <input type="checkbox"/>
 <p>SLALOM</p>	 <input type="checkbox"/>	 <input type="checkbox"/>	 <input type="checkbox"/>

Well done for taking part in the YouSkip Festival!
 Use the QR code to check out our 'Trick Series' challenges you can take part in at home!



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SHOW US YOUR COMPLETED PASSPORT



#CSWYOU SKIP

SCHOOL FLASH CHALLENGES

Take part in a whole-school competition!

Complete all 4 challenges as a whole school, and be entered into a prize draw - where you could win a school visit from Dan the Skipping Man! Here are the challenges...

1

PE leads: promote the festival by sharing your own video on your choice of social media platform, on **Monday 7th June**.

Tweet and/or share it with us - so we know who has completed this challenge.

2

Involve other members of staff in skipping.

Tweet and/or share images and/or videos of their attempts on **Thursday 10th June**.

3

Collect images and/or video footage of families taking part in the festival.

Tweet and/or share them with us on **Wednesday 16th June**.

4

Get as many of your pupils as possible skipping at **2pm** on **Friday 18th June** in the **BIG SKIP** to 'Happy' by Pharrell Williams.

Tweet and/or share an image/video of this! This is: **#YOUSKIPBIGSKIP**.



GOOD LUCK!



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YOUSKIP FESTIVAL MARK



★ OUTLINED ★ BELOW ★ IS ★ THE ★ CRITERIA ★ FOR ★ THE ★
YOUSKIP FESTIVAL MARK...

GOLD

Complete all 4 school
flash challenges

Engage 75% of pupils
in YouSkip

SILVER

Complete 3 school
flash challenges

Engage 50% of pupils
in YouSkip

BRONZE

Complete 2 school
flash challenges

Engage 25% of pupils
in YouSkip



Please make sure to complete your YouSkip Festival engagement sheet, and send back to your SGO. Your SGO will email this to you directly; this information will be required to enable distribution of YouSkip Festival Mark certificates.

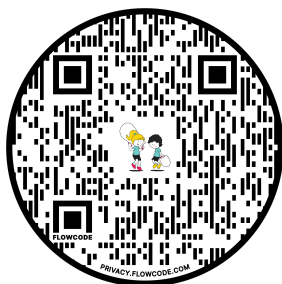


ADDITIONAL SUPPORT

IF YOU'RE FINDING IT HARD...



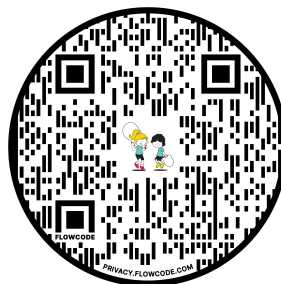
Check out our Little Skippers playlist using the QR code. Here, you can find example ideas to support the development of skipping in school and at home.



IF YOU HAVE SEND REQUIREMENTS...



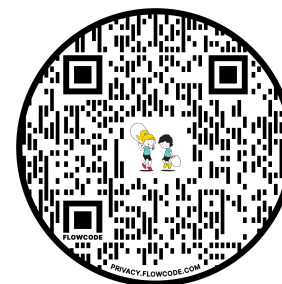
Check out the YouSkip skipping inclusion adaptations using the QR code. Here, you can find adaptations to support pupils with SEND, with simple ideas to allow all pupils to access skipping.



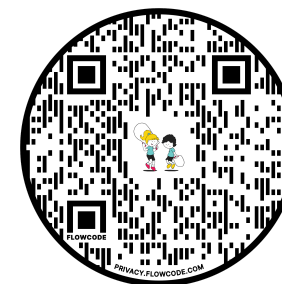
IF YOU'RE LOOKING FOR MORE...



Check out the 'Trick Series' using the QR code - which can also be found on Page 11 of this resource.



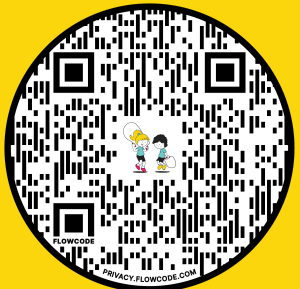
Check out our YouTube channel. Here, you can find lots of extra challenges that you/your pupils can take part in at home.



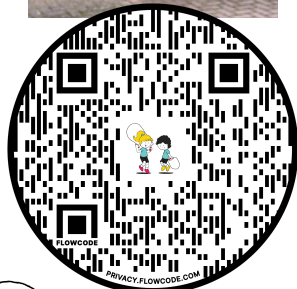
TRICK SERIES

When you've completed the YouSkip Festival challenges, why not give these trick challenges a try?

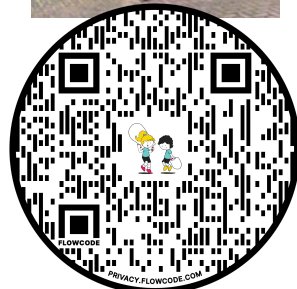
Check out the trick series 'welcome' from Dan the Skipping Man!



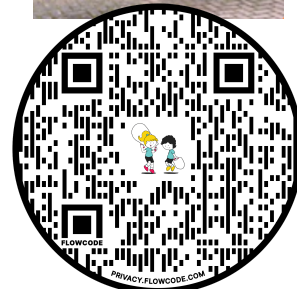
RODEO



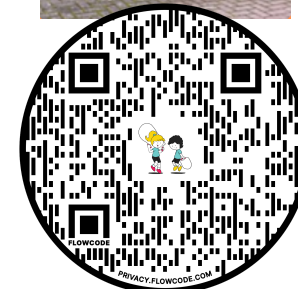
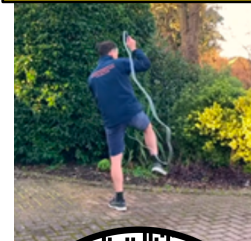
ALTERNATE FOOT HOP



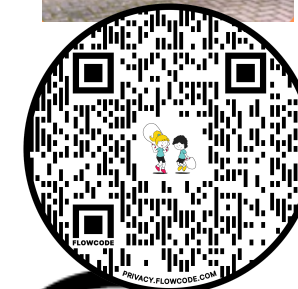
SIDE SWING



TURNING RODEO



CROSSOVER



BRONZE

15 SECONDS



SILVER

30 SECONDS



GOLD

45 SECONDS



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TWEET US WITH YOUR EFFORTS!



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YOUSKIP AT HOME



Get involved in skipping at home! Here's a reminder of just some of the benefits of skipping...



Development of health, fitness and fundamental movement skills



Improves agility, balance and coordination



Improves self-esteem, confidence and determination



Can reduce anxiety and boost mental health



Calms your body and increases concentration



A fun physical activity to complete with the family

TO GET SKIPPING AT HOME...

Use the QR code to check out all the challenges set by Dan the Skipping Man and keep skipping at home! For more information, visit his website: www.dantheskippingman.com



REMEMBER...

When taking part at home, make sure you've got plenty of space around you, and that your skipping rope is the right length for you.

WHY NOT CHECK OUT...

The incredible talent of Birmingham-based skipper Nicole Danielle on Instagram: [@nicoledaniellefitness](https://www.instagram.com/nicoledaniellefitness)

HAPPY SKIPPING EVERYONE!



KS1

Welcome
Single Bounce
Double Bounce
Run

<https://youtu.be/BdMKIbjDKKA>
<https://youtu.be/BzD2Ggz3WR4>
<https://youtu.be/c6wzekl21hA>
https://youtu.be/Kk_uGenaqMY

KS2

Welcome
Single Bounce
Run
Slalom

https://youtu.be/tuRr_PdVyR0
<https://youtu.be/VtZj9SnfPdE>
<https://youtu.be/glHZSL2Ghm0>
<https://youtu.be/Zh3xp0B6XT4>

TRICK SERIES

Welcome
Rodeo
Alternate Foot Hop
Side Swing
Turning Rodeo
Crossover

<https://youtu.be/fTJOIWsNWgs>
<https://youtu.be/pKV0Z8KRaDo>
<https://youtu.be/cXduO48Kr4w>
<https://youtu.be/Z9t8njAnMJs>
<https://youtu.be/tsUQq30PzgM>
<https://youtu.be/7QNG-YictKE>

FOR MORE

How to Skip
Little Skippers Playlist
Inclusion Adaptations
CSW YouTube Channel

<https://youtu.be/mIWSBK0uVGk>
<https://youtube.com/playlist?list=PLmYc4q79d27Z4I5n3r8JjV6H0-T3tfjxX>
[Microsoft Word - SkippingInclusionAdaptations_CB.docx \(thinkactive.org\)](#)
https://www.youtube.com/channel/UCkm6T81cVwQ75n5ka_GAMkg



VALUES & LEADERSHIP

ENCOURAGE PUPILS TO TAKE ON LEADERSHIP ROLES WITHIN BUBBLES :

PROMOTE AND PERFORM ACCORDING TO THE SCHOOL GAMES VALUES AT EVERY OPPORTUNITY :

LENDS A HELPFUL HAND

ENCOURAGES OTHERS

ALWAYS LISTENS

DOES THE RIGHT THING

ENTHUSIASTIC ALWAYS

RESPECTS OTHERS



Don't give up! Keep trying to improve your technique and put 100% into achieving your skipping goals.



Have confidence in yourself, and believe that you can reach your Personal Best.



Have the courage to compete in a way you know is right - both with others, and with yourself.



Work together and support others in their skipping challenges, and celebrate each other's successes.



Give 100% to all the challenges. Be brave in giving things a try, and work hard to be the best you can.



Have respect for yourself and for others, and treat others politely and with understanding.



THANK YOU FOR TAKING PART!

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