# 

# **Willenhall E-Act Academy**

# **Skipping Festival.**

**Year 3/4 Pupils**

**Events:**

# **Individual**

1. **Double Jumps - Backward (2 feet jump – double jump each turn of rope.)**
2. **Single Jumps – Forward (2 feet jump – 1 jump each turn of rope.)**
3. **Boxer skips (Alternate feet.)**
4. **Scissors ( Spotty dog) 1 foot in front, 1 foot behind. Alternate jumps clearing horizontal line.**
5. **Hop-hop-hop.( 3 hops on 1 foot, 3 hops on the other- repeat)**
6. **Feet apart-feet together (Jump with feet astride to start, jump feet together.)**

**Pairs**

1. **Pairs. (Pupils facing each other.)**

## **Year 3/4 Skipping Festival**

* + **A team will consist of 6 pupils.**
  + **Each event will be timed for 30 secs.**
  + **Count the number of continuous jumps in this time.**
  + **Each pupil will attempt every activity and scores recorded on sheet. When all individual events have been completed, a total score is given.**

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