

## Skipping Workshops

To promote physical activity during this lock down period, we hope children can be encouraged to develop their interest in skipping. One strategy is to get children involved in our 'National Skipping Challenge'; to find out more, please go to our website: [www.skipping-workshops.co.uk](http://www.skipping-workshops.co.uk) . From the menu bar, select 'National Skipping Challenge'.

Our website challenge has been popular with many schools for over 15 years and almost 1000 children take part every year. There are three challenges we would like children to have a go at:

- Continuous crossovers
- Pretzels
- Double unders

Throughout the 15 years of the challenge, we have had one simple rule: scores can only be submitted by one of our coaches or by a member of staff at the school. However, to encourage children to take an active part during this lock down period, we are encouraging children, **with the permission and support of their parents**, to send in their own scores.

All you need to do is to provide your name, your school, the category (from the three above) and the score. This will then be posted on the website. We know that children love looking up their score and seeing what they need to do to move up the league table. So if you can manage some crossovers, pretzels or double unders, please send in your scores as soon as possible. Please note: it is free to take part.

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