

Skipping Challenges

There will be five awards that skippers can achieve:

Preliminary 'skip-star' awards

1. Skip-star (Level 1)
2. Super skip-star (Level 2)

And the more difficult

3. Bronze Award(Level 3)
4. Silver Award(Level 4)
5. Gold Award(Level 5)

Skippers wishing to achieve an award can tell their teacher who can give their name to Mr. Harte when they are able to complete all of the skills.

On the Skipping Challenge Day, they will then be judged and awarded the skip-star award if they are successful. It is important to practice each skill individually before attempting them altogether.

Skip-Star award

1. Double bounce forward skip

10 turns of the rope with no misses

2. Double bounce backward skip

10 turns of the rope with no misses

3. Single bounce forward skip

10 turns of the rope with no misses

4. Single bounce backward skip

10 turns of the rope with no misses

5. Face to face partner skip / (Covid Alternative: Side Straddle See Bronze award for skill description)

10 turns of the rope with no misses

Super Skip-Star award

1. Running on the spot

10 turns of the rope with no misses

2. Pretzel

10 turns of the rope with no misses

3. The coil (Arm wrap)

10 turns of the rope with no misses

4. Continuous crossovers

10 turns of the rope with no misses

5. Double dutch

10 turns of the rope with no misses

Bronze Award

Skippers wishing to enter the Bronze award can give their name to Mr. Harte when they are able to complete all of the skills. On the Skipping Challenge Day, they will then be judged and awarded the Bronze award badge if they are successful. It is important to practice each skill individually before attempting them altogether.

Preliminary skipping tricks

Skippers entering the Bronze Award must complete the following six basic skipping tricks successfully before attempting the rest of the Bronze:

1. Double bounce forward skip

(10 turns of the rope with no misses)

2. Double bounce backward skip

(10 turns of the rope with no misses)

3. Single bounce forward skip

(10 turns of the rope with no misses)

4. Single bounce backward skip

(10 turns of the rope with no misses)

5. Running on the spot, single or double bounce

(10 turns of the rope with no misses)

6. One legged

(10 turns of the rope with no misses on left leg and 10 turns of the rope with no misses on right leg)

Bronze Award

The following ten skips are to be completed individually and then linked together in a routine with no misses. Normal forward skipping can be included at the beginning or at the end of the routine but not during the routine.

1. The Bell

Small jump forward on one turn of the rope, followed by a small jump back to starting spot on the next turn of the rope
20 turns of the rope with no misses
single or double bounce

2. The Slalom

Small jump to one side on one turn of the rope, followed by a small jump back to starting spot on the next turn of the rope
20 turns of the rope with no misses
Single or double bounce

3. The Twister

Keeping feet together, twist feet to the side, then to the other side and so on
20 turns of the rope with no misses,
Double bounce recommended
shoulders do not twist to the side, only hips, legs and feet

4. Side Straddle

Feet together, feet apart, feet together, feet apart...
20 side straddles with no misses.
Single or double bounce
Feet together, feet apart counts as one

5. Front Straddle

Feet together, scissors, feet together, scissors...

20 front straddles with no misses, alternating between left foot forward and right foot forward

Single or double bounce

Feet together, scissors counts as one

6. Combined Straddle

Feet together, feet apart, feet together, scissors...

10 combined straddles with no misses, alternating left and right foot for the forward straddles

Single or double bounce

Feet together, feet apart, feet together, scissors counts as one

7. Ex

Feet together, cross (left over right), feet together, cross (right over left)...

20 Exs with no misses.

Single or double bounce

" Feet together, cross counts as one

8. Wounded duck

Skip with toes touching and heels apart, then with heels touching and toes apart

10 wounded ducks with no misses

Double bounce recommended

Toes touching, toes apart counts as one

9. Side swing

Keeping hold of a handle in each hand, swing to the left, swing to the right and then jump the rope

20 side swings with no misses

Single or double bounce

Left swing, right swing, jump counts as one

10. 180 degree turn

Forwards skip, side swing and turn around at the same time,
backward skip, turn around and skip forward

8 completions of the move, four with left hand side swing, four with
right hand side swing

Double bounce recommended