



Playtime Workshops

Fun skipping awards to encourage skipping at your school.

BRONZE AWARD LEVEL 1 AND LEVEL 2 *SOLO SKIPPING*

SILVER AWARD LEVEL 1 AND LEVEL 2 *SOLO SKIPPING*

GOLD AWARD LEVEL 1 AND LEVEL 2 *SOLO SKIPPING*

TEAM SKIPPER LEVEL 1 *PARTNER SKIPPING*

TEAM SKIPPER LEVEL 2 *LONG ROPE*

PLAYTIME ELASTICS CHALLENGE *FRENCH SKIPPING ELASTICS*

SKIPPING AMBASSADOR CHALLENGE *SKIPPING HELPERS*

BRONZE AWARD LEVEL ONE

This challenge focuses on good skipping technique for beginners.

I CAN;

- Hold the speed rope handles correctly, the end of the handle should rest on the little finger.
- Work in a sensible space.
- Skip in one space without drifting around.
- Do two footed springy jumps whilst skipping and not “stamping” during skipping.
- Always keep the speed rope handles turned out in the penguin position.
- Jump with a straight back.
- Listen to instructions and follow instructions during skipping.

CHALLENGE TASKS

- Windmill.
- Single Bounce.
- Double Bounce.

BRONZE AWARD LEVEL TWO

This challenge includes basic skipping level moves.

CHALLENGE TASKS

- Running on the spot.
- Backwards.
- Hopping.
- Straddle.

ASSESSOR NOTES

The skipper must show fluidity in their skipping.

The skipper can have unlimited attempts at each part of the challenge.

The skipper does not have to do the entire challenge tasks together in the same attempt.

The assessor must see ten clear skips, for at least two out of the three skipping challenge tasks for level one.

The assessor must see ten clear skips, for at least three out of the four skipping challenge tasks for level two.

SILVER AWARD LEVEL ONE

These challenges include intermediate level skipping moves.

CHALLENGE TASKS

- *Skiing.*
- *Monkey Tail.*
- *Croaching.*
- *Footcross.*

SILVER AWARD LEVEL TWO

These challenges include intermediate level skipping moves.

CHALLENGE TASKS

- *Knee lift.*
- *Kick.*
- *Sideswing.*
- *Hopscotch.*

ASSESSOR NOTES

The skipper must show fluidity in their skipping.

The skipper can have unlimited attempts at each part of the challenge.

The skipper does not have to do the entire challenge tasks together in the same attempt.

The skipper must do each individual challenge task within one turn.

The assessor must see ten clear skips, for at least three out of the four skipping challenge tasks.

GOLD AWARD LEVEL ONE

This challenge includes skipping intermediate / advanced skipping moves.

CHALLENGE TASKS

- Arm wrap.
- Twister.
- Front Straddle.
- Turning.
- The Bell.

GOLD AWARD LEVEL TWO

This challenge includes advanced skipping moves.

CHALLENGE TASKS

- Side Step.
- Armcross.
- Double Under.
- Pretzel.
- Rodeo.

ASSESSOR NOTES

The skipper must show fluidity in their skipping.

The skipper can have unlimited attempts at each part of the challenge.

The skipper does not have to do the entire challenge tasks together in the same attempt.

The skipper must do each individual challenge task within one turn.

The assessor must see ten clear skips, for at least four out of the five skipping challenge tasks.

TEAM SKIPPER AWARD LEVEL ONE

This challenge includes partner skipping moves.

CHALLENGE TASKS

- *Face to face partner skipping.*
- *Side by side partner skipping.*
- *2 in a rope.*
- *Back to back partner skipping.*

TEAM SKIPPER AWARD LEVEL TWO

This challenge includes long rope skipping moves.

CHALLENGE TASKS

- *On the long rope, do quarter turns.*
- *On the long rope, skip back to back, face to face, shake your partners hand and change your place.*
- *Take part in a skydivers team skip.*
- *Learn double Dutch skipping.*
- *Learn the egg whisk skipping.*

ASSESSOR NOTES

The skippers must show fluidity in their skipping.

The skippers must be able to turn the rope for all of the challenge tasks.

The skippers can have unlimited attempts at each part of the challenge.

The skippers do not have to do the entire challenge tasks together in the same attempt.

The skippers must do each individual challenge task within one turn.

The assessor must see ten clear skips, for at least three out of the four skipping challenge tasks for level one.

The assessor must see ten clear skips, for at least four out of the five skipping challenge tasks for level two.

PLAYTIME ELASTICS CHALLENGE

This challenge includes playground elastic moves.

I CAN;

- *Work in a group.*
- *Swap the rope around without using my hands.*
- *I can end the rope correctly.*
- *Be careful with the elastic during play.*
- *Be kind to all people in my group.*

CHALLENGE TASKS

Learn the following playtime games;

- *Grandma put hers jumper, on inside out.*
- *England Ireland Scotland Wales, Inside outside on the rails.*
- *Escape the Diamond.*
- *54321.*

ASSESSOR NOTES

The skippers must know the words and moves for the challenge tasks.

The skippers must be a good team player.

The skipper should always sensible with the elastic.

SKIPPING AMBASSADOR CHALLENGE

This challenge focuses on being a skipping helper and running a skipping zone successfully.

CHALLENGE TASKS

The skipping helper must;

- Help other learners spread out carefully in the zone.
- Understand the importance of being a positive role model.
- Be sensible and trustworthy.
- Ensure all skipping ropes are kept in the skipping zone.
- Look after the skipping equipment.
- Help tidy up skipping equipment and set the skipping zone up.
- Make sure the ropes are stored correctly after use.
- Help people learn skipping if required.
- Help to work as a team to operate a skipping zone at playtimes.
- Teach another person a skipping move.
- Work with a member of staff to create a timetable of skipping helpers.
- Give the supervisors feedback, to observe if the skipping zone is working.

ASSESSOR NOTES

To pass the skipping ambassadors challenge, the assessor must support and observe the learner, run a skipping zone successfully, during five different playtimes.

The ambassador must be sensible at all times to pass this award.