

# PRIMARY SKIPPING CHALLENGES

CAN YOU LEARN SOME SKIPPING MOVES ?

WATCH THE BASIC INTRO VIDEO  
CLICK THE PLAY BUTTON BELOW

## CHALLENGE GUIDANCE

- This challenge is for all primary pupils (and adults too)
- Learn correct skipping technique via the videos below
- Test your stamina with **BRONZE-SILVER-GOLD** levels

[How to  
skip video](#)



### **SINGLE BOUNCE**

Watch the video  
then try the  
levels below



#### SINGLE BOUNCE

Click the levels below to  
test yourself

**BRONZE LEVEL 30s**

**SILVER LEVEL 60s**

**GOLD LEVEL 90s**

### **DOUBLE BOUNCE**

Watch the video  
then try the  
levels below



#### DOUBLE BOUNCE

Click the levels below to  
test yourself

**BRONZE LEVEL 30s**

**SILVER LEVEL 60s**

**GOLD LEVEL 90s**

### **SLALOM BOUNCE**

Watch the video  
then try the  
levels below



#### SLALOM BOUNCE

Click the levels below to  
test yourself

**BRONZE LEVEL 30s**

**SILVER LEVEL 60s**

**GOLD LEVEL 90s**

### **SPEED SKIPPING**

Watch the video  
then try the  
levels below



#### SPEED SKIP

Click the levels below to  
test yourself

**BRONZE LEVEL 30s**

**SILVER LEVEL 60s**

**GOLD LEVEL 90s**

### **RUN SKIP**

Watch the video  
then try the  
levels below



#### RUN SKIP

Click the levels below to  
test yourself

**BRONZE LEVEL 30s**

**SILVER LEVEL 60s**

**GOLD LEVEL 90s**



Get practicing!

All you need is a rope and a safe  
space. We will set up a competition  
later in the term.

Do you need a  
skipping rope ?