



get active... get healthy... get involved...

## Virtual Competition – Skipping Challenges

### **Age Categories:**

There are challenges for both Key Stage 1 and Key Stage 2

### **Teams Size:**

These challenges are individual and there is no limit to the number of pupils that can try 1 or more of the challenges.

### **Instructions:**

These are available from the Redborne School Sport Partnership website

<https://redbornessp.com/> (You will need to register if you haven't done so already. It's quick and easy, but if you require any help please email us).

Each challenge is explained by a video and the webpage also includes 'Welcome' and 'How to Skip' videos for each Key Stage. These can be found under the **News and Results** tab.

All the skipping videos are also available to view on YouTube via

<https://www.youtube.com/channel/UCYmvDFAbmk1xfMvbPuUsUKA/videos>

(We recommend viewing the details on the Redborne School Sport Partnership website first).

### **Participant Data:**

The deadline for all entries is Friday 19<sup>th</sup> March 2021.

Please submit your participant data via the entry form, which can be found at

<https://www.teambedsandluton.co.uk/skipping>

### **Certificates:**

There is a participation e-certificate to download from

<https://www.teambedsandluton.co.uk/skipping> and additional e-certificates for each of the challenges are available from <https://redbornessp.com/>

Good Luck and Enjoy