



# YOU SKIP

FESTIVAL TOOLKIT

MONDAY 19<sup>TH</sup> JUNE - FRIDAY 23<sup>RD</sup> JUNE  
NATIONAL SCHOOL SPORTS WEEK 2023

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#CSWYOU★SKIP



@★DAN\_★DTSM



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Tweet us with your efforts using your area Twitter handle!

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**THE BENEFITS OF SKIPPING**  
**NATIONAL SCHOOL SPORTS WEEK**  
**YOUSKIP FESTIVAL DETAILS**  
**THE CHALLENGES – KS1**  
**PUPIL PASSPORT – KS1**  
**THE CHALLENGES – KS2**  
**PUPIL PASSPORT – KS2**  
**SCHOOL FLASH CHALLENGES**  
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**ADDITIONAL SUPPORT**  
**TRICK SERIES**  
**YOUSKIP AT HOME**  
**HYPERLINKS**  
**VALUES & LEADERSHIP**



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# SKIPPING : THE BENEFITS



There are numerous benefits that can be gained through skipping - with just a few examples shown below...



Development of health, fitness and fundamental movement skills



Improves agility, balance and coordination



Improves self-esteem, confidence and determination



Interaction in practice sessions will improve teamwork and communication



Engages age groups through positive playground interaction



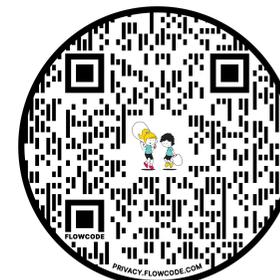
Promotes whole-school understanding of Personal Best



You vs. You - using skipping to challenge each pupil to be the best they can be! Developing physical, personal, social and emotional health; engaging young people to be physically active for life through positive experiences of daily activity and competition.

## FUNDAMENTALS OF TEACHING SKIPPING...

Not sure how to teach skipping? Use the QR code to watch Dan the Skipping Man explain the basics of how to skip! Open the camera on your phone or tablet, hold it over the QR code, and click on the link that appears.



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# NATIONAL SCHOOL SPORTS WEEK



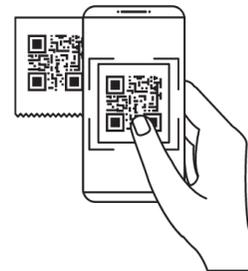
The government ask that children are active within school for 30 minutes a day, and then outside of school for at least another 30 minutes. The National School Sports Week is run by the Youth Sport Trust (YST), and aims to encourage children to be more active and to promote the role of sport and physical education at school.

This year for National School Sports Week, the YST and Sports Direct are running a campaign called 'play for fun, play for 60' - encouraging the use of play to support all children in the UK getting a minimum of 60 active minutes a day.

YouSkip is a fun resource aimed at encouraging all children to get active over National School Sports Week (Monday 19<sup>th</sup> June-Friday 23<sup>rd</sup> June). There are also a range of supporting materials and resources available to schools who join the campaign and #PledgeToPlay - to help you achieve your active minutes in school.



Scan the QR code to find out more information, and pledge to play!



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#NATIONALSCHOOLSPO\*RTSWEEK

#PLEDGETO\*PLAY

# FESTIVAL DETAILS

## WHY GET INVOLVED?

This is a fantastic opportunity to engage the whole school in a fun, developmental and accessible festival - which promotes physical activity and encourages the concept of Personal Best.

## WHEN IS THE FESTIVAL?

Monday 19<sup>th</sup> June to Friday 23<sup>rd</sup> June. You can also continue to use this resource after these dates!

## WHO CAN TAKE PART?

All pupils and staff. The resources target KS1 & KS2, but schools can adapt to include EYFS. The festival includes in-school challenges for pupils and the whole school, as well as additional challenges to encourage pupils and their families to get involved in skipping at home.

## HOW DO WE TAKE PART?

The YouSkip Festival is open to infant, junior and primary schools in Coventry, Solihull and Warwickshire. You can deliver the festival: in PE lessons, as activity breaks, during break times and/or as part of after-school clubs. Don't forget to share with families too so they can get involved at home!



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# FESTIVAL DETAILS

## WHAT DO WE NEED TO RECORD?

- \* This YouSkip Festival toolkit includes a set of challenges and a 'Pupil Passport' for KS1 (Page 6) & KS2 (Page 8). Print the 'Pupil Passport' (one per pupil), and mark it for each challenge completed, using: a smiley face, a teacher stamp...it's completely up to you!
- \* To support the School Games Mark, schools should add this to the School Games website as an event.
- \* Your SGO will email you a YouSkip Festival engagement sheet, which should be used to record your pupil participation data. Please make sure to complete and send back to your SGO. This information will be required to be able to distribute YouSkip Festival Mark certificates.

## STEPS TO SUCCESSFULLY IMPLEMENT THIS FESTIVAL IN YOUR SCHOOL...

1. The resource will provide all information needed to take part in the YouSkip Festival
2. Share with colleagues in school to decide how you will deliver the festival
3. Share with families so they can get involved in skipping at home
4. Post your involvement on social media wherever possible
5. Ask your SGO if you have any questions, or for any further help

## WHAT DO WE GET FOR TAKING PART?

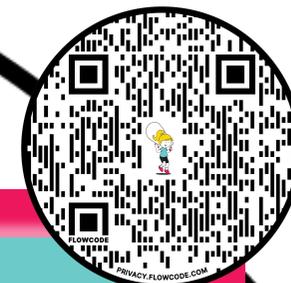
- \* The completed 'Pupil Passport' will be your pupils' certificate for taking part in the festival - which you can print in either A4 or A5.
- \* Get involved in the school flash challenge competition to be in with a chance of winning a Dan The Skipping Man school prize.
- \* Schools who have completed the pupil challenges, school flash challenges and have submitted the engagement sheet to their SGOs will achieve a YouSkip Festival Mark - please see Page 10 for the criteria.



**GOOD LUCK!**

# THE CHALLENGES – KS1

Scan the QR code and watch Dan the Skipping Man introduce the KS1 challenges



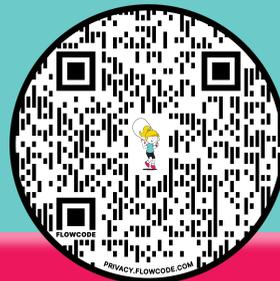
1

**SINGLE BOUNCE**



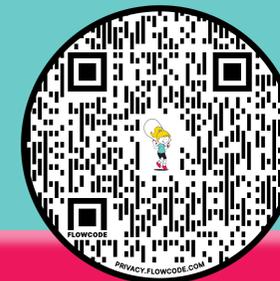
2

**DOUBLE BOUNCE**



3

**RUN**



**FOR EACH CHALLENGE:**

Watch the relevant skipping technique video using the QR codes above - open the camera on your phone or tablet, hold it over the QR code, and click on the link that appears.



Skip using the technique for:  
**20 SECS 40 SECS 60 SECS**



Complete pupil passports (Page 6) at the end of each challenge, to keep a record of achievement. Pupils can take their completed passports home at the end of the festival.

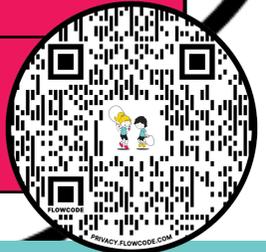
5

Pupils must be able to complete the challenges continuously and with minimal errors for the set time. We expect schools to use their own judgement to decide if pupils have achieved the bronze, silver or gold level before moving on.

# PUPIL PASSPORT – KS1

Name:	20 SECONDS	40 SECONDS	60 SECONDS
 <p><b>SINGLE BOUNCE</b></p>	 <input data-bbox="1064 491 1187 614" type="checkbox"/>	 <input data-bbox="1489 491 1612 614" type="checkbox"/>	 <input data-bbox="1915 491 2038 614" type="checkbox"/>
 <p><b>DOUBLE BOUNCE</b></p>	 <input data-bbox="1064 721 1187 844" type="checkbox"/>	 <input data-bbox="1489 721 1612 844" type="checkbox"/>	 <input data-bbox="1915 721 2038 844" type="checkbox"/>
 <p><b>RUN</b></p>	 <input data-bbox="1064 951 1187 1074" type="checkbox"/>	 <input data-bbox="1489 951 1612 1074" type="checkbox"/>	 <input data-bbox="1915 951 2038 1074" type="checkbox"/>

Well done for taking part in the YouSkip Festival!  
Use the QR code to check out our 'Trick Series' challenges you can take part in at home!



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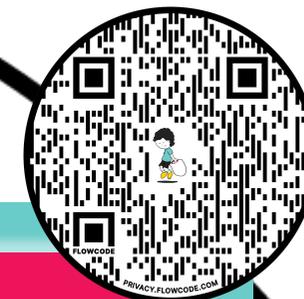
SHOW US YOUR COMPLETED PASSPORT



#CSWYOU SKIP

# THE CHALLENGES – KS2

Scan the QR code and watch Dan the Skipping Man introduce the KS2 challenges



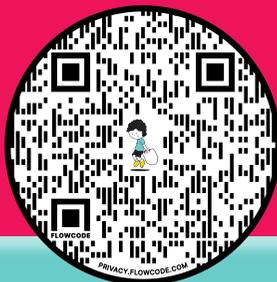
1

## SINGLE BOUNCE



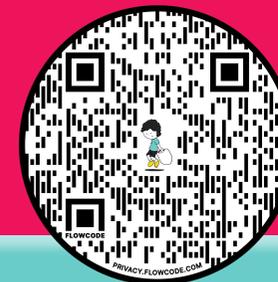
2

## RUN



3

## SLALOM



### FOR EACH CHALLENGE:

Watch the relevant skipping technique video using the QR codes above - open the camera on your phone or tablet, hold it over the QR code, and click on the link that appears.



Skip using the technique for:  
30 SECS 60 SECS 90 SECS



Complete pupil passports (Page 8) at the end of each challenge, to keep a record of achievement. Pupils can take their completed passports home at the end of the festival.

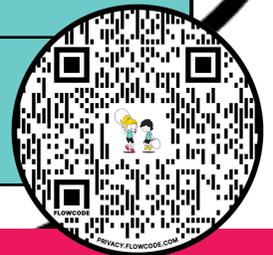
7

Pupils must be able to complete the challenges continuously and with minimal errors for the set time. We expect schools to use their own judgement to decide if pupils have achieved the bronze, silver or gold level before moving on.

# PUPIL PASSPORT - KS2

Name:	30 SECONDS	60 SECONDS	90 SECONDS
 <p><b>SINGLE BOUNCE</b></p>	 <input type="checkbox"/>	 <input type="checkbox"/>	 <input type="checkbox"/>
 <p><b>RUN</b></p>	 <input type="checkbox"/>	 <input type="checkbox"/>	 <input type="checkbox"/>
 <p><b>SLALOM</b></p>	 <input type="checkbox"/>	 <input type="checkbox"/>	 <input type="checkbox"/>

Well done for taking part in the YouSkip Festival!  
Use the QR code to check out our 'Trick Series' challenges you can take part in at home!



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SHOW US YOUR COMPLETED PASSPORT



#CSWYOU SKIP



# SCHOOL FLASH CHALLENGES



**Take part in a whole-school competition!**

Complete all 3 challenges as a whole school, and be entered into a prize draw - where you could win a school visit from Dan the Skipping Man! Here are the challenges...

**1**

PE leads: promote the festival by sharing your own video on your choice of social media platform.

Tweet and/or share it with us - so we know who has completed this challenge.



**2**

Involve other members of staff in skipping.

Tweet and/or share images and/or videos of their attempts.

**3**

Collect images and/or video footage of families taking part in the festival.

Tweet and/or share them with us on



**GOOD LUCK!**

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# YOUSKIP FESTIVAL MARK



★ OUTLINED ★ BELOW ★ IS ★ THE ★ CRITERIA ★ FOR ★ THE ★  
YOUSKIP ★ FESTIVAL ★ MARK... ★

## GOLD

Complete all 3 school flash challenges

Engage 75% of pupils in YouSkip

## SILVER

Complete 2 school flash challenges

Engage 50% of pupils in YouSkip

## BRONZE

Complete 1 school flash challenge

Engage 25% of pupils in YouSkip



Please make sure to complete your YouSkip Festival engagement sheet, and send back to your SGO. Your SGO will email this to you directly; this information will be required to enable distribution of YouSkip Festival Mark certificates.

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@CWS★S★C★H★O★O★L★S★P★O★R★T

#CSW★Y★O★U★S★K★I★P



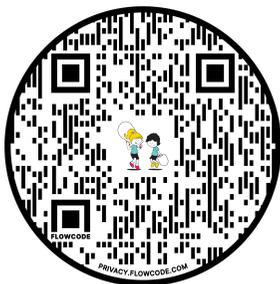
@★D★A★N★\_★D★T★S★M

# ADDITIONAL SUPPORT

## IF YOU'RE FINDING IT HARD...



Check out our Little Skippers playlist using the QR code. Here, you can find example ideas to support the development of skipping in school and at home.



## IF YOU HAVE SEND REQUIREMENTS...



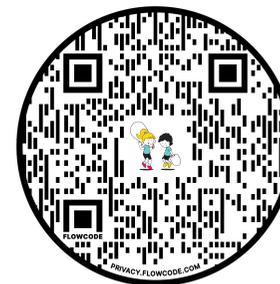
Check out the YouSkip skipping inclusion adaptations using the QR code. Here, you can find adaptations to support pupils with SEND, with simple ideas to allow all pupils to access skipping.



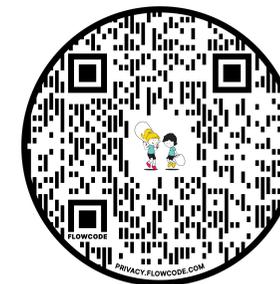
## IF YOU'RE LOOKING FOR MORE...



Check out the 'Trick Series' using the QR code - which can also be found on Page 12 of this resource.



Check out our YouTube channel. Here, you can find lots of extra challenges that you/your pupils can take part in at home.



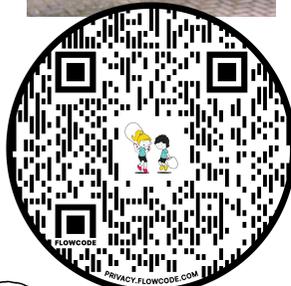
# TRICK SERIES

When you've completed the YouSkip Festival challenges, why not give these trick challenges a try?

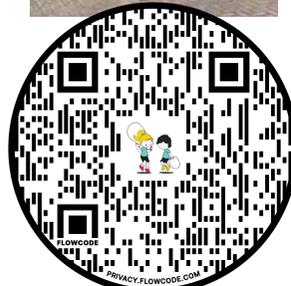
Check out the trick series 'welcome' from Dan the Skipping Man!



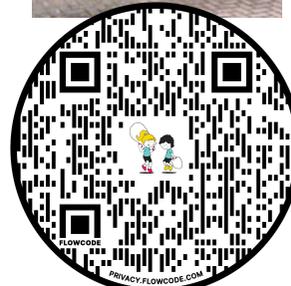
**ROBEO**



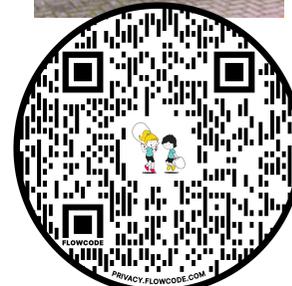
**ALTERNATE FOOT HOP**



**SIDE SWING**



**TURNING ROBEO**



**CROSSOVER**



**BRONZE**

15 SECONDS



**SILVER**

30 SECONDS



**GOLD**

45 SECONDS



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TWEET US WITH YOUR EFFORTS!



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# YOUSKIP AT HOME



Get involved in skipping at home! Here's a reminder of just some of the benefits of skipping...



Development of health, fitness and fundamental movement skills



Improves agility, balance and coordination



Improves self-esteem, confidence and determination



Can reduce anxiety and boost mental health



Calms your body and increases concentration



A fun physical activity to complete with the family

## TO GET SKIPPING AT HOME...

Use the QR code to check out all the challenges set by Dan the Skipping Man and keep skipping at home! For more information, visit his website: [www.dantheskippingman.com](http://www.dantheskippingman.com)



## REMEMBER...

When taking part at home, make sure you've got plenty of space around you, and that your skipping rope is the right length for you.

## WHY NOT CHECK OUT...

The incredible talent of Birmingham-based skipper Nicole Danielle on Instagram: @nicoledaniellefitness

**HAPPY SKIPPING EVERYONE!**

1E

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# HYPERLINKS

## KS1

Welcome  
Single Bounce  
Double Bounce  
Run

<https://youtu.be/BdMKIbjDKKA>  
<https://youtu.be/BzD2Ggz3WR4>  
<https://youtu.be/c6wzekl21hA>  
[https://youtu.be/Kk\\_uGenaqMY](https://youtu.be/Kk_uGenaqMY)

## KS2

Welcome  
Single Bounce  
Run  
Slalom

[https://youtu.be/tuRr\\_PdVyR0](https://youtu.be/tuRr_PdVyR0)  
<https://youtu.be/VtZj9SnfPdE>  
<https://youtu.be/gLHZSL2Ghm0>  
<https://youtu.be/Zh3xp0B6XT4>

## TRICK SERIES

Welcome  
Rodeo  
Alternate Foot Hop  
Side Swing  
Turning Rodeo  
Crossover

<https://youtu.be/fTJOIWsNWgs>  
<https://youtu.be/pKV0Z8KRaDo>  
<https://youtu.be/cXduO48Kr4w>  
<https://youtu.be/Z9t8njAnMJs>  
<https://youtu.be/tsUQq30PzgM>  
<https://youtu.be/7QNG-YictKE>

## FOR MORE

How to Skip  
National School Sports Week  
Little Skippers Playlist  
Inclusion Adaptations  
CSW YouTube Channel

<https://youtu.be/mlWSBK0uVGk>  
<https://www.youthsporttrust.org/join-us/nssw>  
<https://youtube.com/playlist?list=PLmYc4q79d27Z4I5n3r8JjV6H0-T3tfjxX>  
[Microsoft Word - SkippingInclusionAdaptations\\_CB.docx \(thinkactive.org\)](#)  
[https://www.youtube.com/channel/UCkm6T81cVwQ75n5ka\\_GAMkg](https://www.youtube.com/channel/UCkm6T81cVwQ75n5ka_GAMkg)



# VALUES & LEADERSHIP

ENCOURAGE PUPILS TO TAKE ON LEADERSHIP ROLES:

**L**ENDS A HELPFUL HAND

**E**NCOURAGES OTHERS

**A**LWAYS LISTENS

**D**OES THE RIGHT THING

**E**NTHUSIASTIC ALWAYS

**R**ESPECTS OTHERS



PROMOTE AND PERFORM ACCORDING TO THE SCHOOL GAMES VALUES AT EVERY OPPORTUNITY:



Don't give up! Keep trying to improve your technique and put 100% into achieving your skipping goals.



Have confidence in yourself, and believe that you can reach your Personal Best.



Have the courage to compete in a way you know is right - both with others, and with yourself.



Work together and support others in their skipping challenges, and celebrate each other's successes.



Give 100% to all the challenges. Be brave in giving things a try, and work hard to be the best you can.



Have respect for yourself and for others, and treat others politely and with understanding.



THANK YOU FOR TAKING PART!

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