



North Yorkshire West Skipping Challenge & Record Sheet

Name and Unit:

This record to be kept by the individual and handed to a leader to gain the badge.

Tick

Level One - Rainbows and Beginners

- 1 Skip up to 5 times forwards without a break
- 2 Jump over a long rope wiggled on the ground or highered each jump 5 times
- 3 Learn a skipping rhyme
- 4 Try skipping singing a rhyme with one of the above activities
- 5 Learn one new technique

Level Two - Rainbow/Brownie

- 1 Skip up to 10 times forwards without a break
- 2 Skip 10 times backwards without a break
- 3 Skip in and out of a long rope turned by others
- 4 Skip in a long rope turned by others singing a rhyme
- 5 Learn two different techniques

Level Three - Brownie/Guide

- 1 Skip up to 20 times forwards without a break
- 2 Skip 10 times backwards without a break
- 3 Skip in a long rope turned by others, with at least one other person, singing a rhyme
- 4 Learn at least three different skipping techniques
- 5 Complete at least one of the additional challenges

Level Four - Guides/Rangers/Young Leaders/Leaders

- 1 Skip up to 30 times, or more, forwards without a break
- 2 Skip 20 times, or more, backwards without a break
- 3 Jump 20 times with a friend, turning the rope forwards
- 4 Use 2 different skipping techniques and skipping rhymes with 1, 2 or 3
- 5 Skip in a long rope confidently to 2 different techniques and to 2 skipping rhymes
- 6 Complete at least two of the additional challenges

Level Five - Trefoil

- 1 Choose any 5 challenges suited to your own abilities. Record at each level

For Those With Mobility Limitations

- 1 Adapt 2 of the above challenges to suit your own capabilities or design your own
- 2 Follow a long rope in an interesting shape around the room
- 3 Turn a rope for someone else
- 4 Make a rope or string picture

Additional Challenges

- 1 Make up a skipping jump and perform it to your unit or teach others how to do it
- 2 Make up a new skipping rhyme and match it to a skipping technique
- 3 Go into another unit, any level, to help them learn the skills to achieve this badge

You can complete challenges in more than one level but there is only one badge. Good Luck.