



## Jump Rope Competition

**Opens:** Tuesday 4<sup>th</sup> May 2021

**Closes:** 5pm, Friday 2<sup>nd</sup> July 2021

### Overview

Welcome to the Devon *Virtual Games* Events hosted by Active Devon and the Devon School Games Organisers. This series of events throughout the Summer term will offer young people the opportunity to compete against themselves and others whilst maintaining social distancing.

All competitions are virtual, and you can enter as many of them as you like. They give you the chance to team up with your classmates, represent your school and compete against other children from across Devon!

The Jump Rope competition will run from Tuesday 4<sup>th</sup> May 2021 – 5pm Friday 2<sup>nd</sup> July 2021. Schools will be able to submit their entries via an online link below.

You must ensure you are following the [latest government guidance](#) and the [guidance for teachers, school leaders, carers, parents and students](#).

### Brief Description of the Event:

This Jump Rope event is for key stage 1 and 2. There are three competitions that your school can have a go at ranging from a quick Speed Jump competition which could be done as a warm-up, to a freestyle event which you could build into your curriculum. You do not have to do all the competitions but merely choose the ones you like to do and fits best for your students and school. Skipping has so many positive outcomes ranging from improving fitness, creativity, speed, resilience, and teamwork. These competitions have been designed with little equipment, so if you have a skipping rope you are good to go! Please read the following information about each of the competitions.

1. Speed Jump competition (Solo)-This is a quick and easy competition which requires little equipment and can be done as a great warm up challenge. Each child is to complete as many two footed skips as possible in 30 seconds using a solo skipping rope. This is a great warm up at the start of a lesson and can be done as an intra competition between the class. To enter the Devon competition, record each child's score.
2. Freestyle (Group)- This competition can be done over a few lessons which can work on student's creativity, coordination, and fitness. Students are to create a routine to music using a single, long rope, double dutch, or a mix or all. This is a group competition with group size being between 2-6. Routines should be between 1-2 min and should have a range of different jumps and tricks. This will be judged through videos footage sent to your School Game Organiser.

3. All in Competition (Class)- This competition works on class resilience and progress and can be attempted as many times as you wish. Using a long skipping rope (anyone can be the turner, for example teacher, helper, student) the class are to line up and one at a time the pupil must jump into the rope and then out the other side. Record how many pupils make it through the rope before the rope is stopped or to a maximum 5 minutes. Have as many attempts as you would like and send in your best score.

**Before You Start:**

Choose which of the competitions you would like to attempt (you can enter 1, 2 or all of them!) Check which skipping rope you will need for each competition and then you are ready to start.

**Teaching Points:**

1. Speed Jump- Students are to try and complete as many two footed skips in 30 seconds as possible. Every time the skipping rope goes around and the feet land back on the ground you can count a jump. If the skipping rope is stopped during a jump that jump does not count but students can reset, and the counting can continue from where they stopped. Write down each student score and then send through to your School Games Organiser.
2. Freestyle- Students are to create a routine in groups of 2-6 people to any music of their choice. The routine is to be 1-2 minutes long and should include different jumps and tricks. You can use solo, long or double dutch rope or a combination of all three. You can use the resources provided to teach different types of jumps and tricks that can be attempted within the routine. The routine will need to be filmed and sent to your school games organiser before the closing date.
3. All in- Using a long rope (which can be turned by teachers, assistance staff or students) students must jump in and out of the rope as many times as possible in 5 minutes (time starts as soon as the first person jumps in). You can attempt this as many times as you would like and record your best score sending this to your SGO before the deadline. Work on the best time to enter the rope (just after the rope has touched the ground) and best time to exit. Most students through in 5 minutes win (students can enter more than once).

**Scoring:**

1. Speed Jump Challenge - Record the number of jumps done in 30 seconds. Most number of jumps in 30 seconds wins.
2. Freestyle- Please film the routines once completed. They will be scored on the following criteria...
  - Variety of Skills (Different Jumps and Tricks) 20 Marks
  - Teamwork (In time with each other) 20 Marks
  - Creativity (Movement to music) 20 Marks
  - Accuracy (accurate skips/rope faults) 20 Marks
  - Overall Performance (Entertainment Value) 20 Marks

**Total 100 Marks**

3. All in- Record how many students were able to make it through the rope in 5 minutes.

**How to Send Results:**

The entry process will be done via an online link and videos should be shared directly with your School Games Organiser. Please include participants names and school to be able to match the videos with the media consent in the online entry form. Enter results here [Jump Rope Results Form](#). Entries will close at **5pm on Friday 2<sup>nd</sup> July 2021**.

**E-certificates:**

E-certificates will be issued in the following categories:

- Speed Jump Challenge
- Freestyle
- All in Record

**Social Media:**

Why not share your achievements with us on social media using the **#DevonVirtualGames**.

- [Twitter – @SGDevon](#)
- [Devon School Games Facebook Group](#)

For the full #DevonVirtualGames Overview and Terms & Conditions please [click here](#).