



#DevonVirtualGames

Skipping Tricks Series

Opens: Tuesday 4th May 2021
Closes: 5pm, Friday 2nd 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 Skipping Tricks series will run from Tuesday 4th May 2021 – 5pm Friday 2nd 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:

The #DevonVirtualGames has an exciting opportunity for all the family to get involved in a *NEW* Skipping Tricks series challenge. There will be a choice of a Gold, Silver or Bronze challenge that consists of different elements like SideSwing, Rodeo, Turning Rodeo, Crossover, Alternate Foot Hop and Pretzel. Can you complete the skipping sequence for the duration of time set? If you are not sure what these are, click on the relevant link below to take you to the #DevonVirtualGames Dan the skipping man challenges. He makes it simple and super easy to follow.

Before You Start:

You will need:

- A skipping rope
- A safe area to skip
- Stopwatch
- Something to make a note of your achievement.

How to Complete the Tricks Series:

- [How to SideSwing](#)
- [How to Rodeo](#)
- [How to do a Turning Rodeo](#)
- [How to do a Crossover](#)
- [How to do Alternate Foot Hop](#)
- [How to do a Pretzel](#)

Primary School Challenge:

Bronze (15 seconds)

- [SideSwing](#)
- [Rodeo](#)
- [Turning Rodeo](#)
- [Crossover](#)
- [Alternate Foot Hop](#)
- [How to do a Pretzel](#)

Silver (30 seconds)

- [SideSwing](#)
- [Rodeo](#)
- [Turning Rodeo](#)
- [Crossover](#)
- [Alternate Foot Hop](#)
- [How to do a Pretzel](#)

Gold (45 seconds)

- [SideSwing](#)
- [Rodeo](#)
- [Turning Rodeo](#)
- [Crossover](#)
- [Alternate Foot Hop](#)
- [How to do a Pretzel](#)

Secondary School and Adult Challenge:

Bronze (30 seconds)

- [SideSwing](#)
- [Rodeo](#)
- [Turning Rodeo](#)
- [Crossover](#)
- [Alternate Foot Hop](#)
- [Pretzel](#) – 10 seconds

Silver (45 seconds)

- [SideSwing](#)
- [Rodeo](#)
- [Turning Rodeo](#)
- [Crossover](#)
- [Alternate Foot Hop](#)
- [Pretzel](#) – 20 seconds

Gold (60 seconds)

- [SideSwing](#)
- [Rodeo](#)
- [Turning Rodeo](#)
- [Crossover](#)
- [Alternate Foot Hop](#)
- [Pretzel](#) – 30 seconds

How to Send Results:

The entry process will be done via an online link. Enter results here [Skipping Tricks Series Results Form](#). Entries will close at **5pm on Friday 2nd July 2021**.

E-certificates:

E-certificates will be issued in the following categories:

- Primary – Gold, Silver or Bronze
- Secondary – Gold, Silver or Bronze

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](#).