



#DevonVirtualGames Skipping Challenge - #SkiptotheGames

Event Opens: Monday 4th April 2022
Entry Closing Date: Friday 8th July 2022

Overview

Welcome to the Devon *Virtual Games* Events hosted by Active Devon and the Devon School Games Organisers. We aim to provide every child with a positive experience in an environment where the young person's motivation, competence and confidence are at the centre of the competition.

The Birmingham 2022 Commonwealth Games will bring people together, be they athletes from countries far and wide, or communities from across the city and region. As we prepare for this iconic celebration of sport, we embrace the Commonwealth values of humanity, equality, and destiny in everything we do.

Competition Intent

- Build confidence to engage in physical activity and try new sports and physical activities
- Develop and improve physical fitness (cardiovascular fitness, flexibility, body composition, muscular strength, muscular endurance, posture, balance and core stability)
- Develop character and life skills (build resilience, determination, cooperation, mutual respect, tolerance, courage)
- Develop fundamental movement skills (Locomotor, Stability, Manipulative)
- Opportunity to represent your school for the first time
- Raise aspirations
- Raise self- esteem, self-confidence and self- worth (think positively about themselves and how they perceive the world around them)

Brief Explanation of the Challenge

This skipping challenge is encouraging mass participation in schools, and we want your class, year group or the whole school to join our #skiptotheGames challenge.

To ensure everyone "virtually" starts from the same location in Devon we have done a little research to find the central point in Devon and this is CREDITON. The distance between CREDITON and the games is 170 miles which is equivalent to 340,000 steps. One (1) skip equals One (1) step and there are approximately 2,000 steps in a mile.

Every time you skip, record your achievement (skips/steps) turn them into miles and keep track of your journey from Devon to the Games. You can skip in any style using a normal skipping rope or a long rope. Dan the Skipping man has provided us with some skill explanation videos on the links below should you need a quick reminder.





Equipment Required:

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

Skill Explanation Video Links:

- [Welcome Video and Explanation](#)
- [How To Do Skills](#)
- [Freestyle Skip](#)
- [Double Bounce](#)
- [Hopping](#)
- [Rodeo](#)
- [Speed Skipping](#)
- [Crossover](#)
- [Long Rope](#)
- [Well Done](#)

How to Enter

The entry process will be done via this [online form](#). Entries close at **5pm Friday 8th July 2022**.

Prizes

Everyone who takes part will receive a participation certificate.

Contacts

Should you have any questions please contact your local School Games Organiser:

Torbay SGO - Annabel White - annabel.white@paigntonacademy.org

Plymouth SGO - Hayley Jarvis - h.jarvis@sjhcsc.co.uk

Plymouth SGO - J. Gilbert - j.gilbert@sjhcsc.co.uk

South Hams & West Devon SGO - Jeanette Green - jegreen@ivybridge.devon.sch.uk

East Devon SGO - Kevin Moran - kmoran@thekings.devon.sch.uk

Exeter & Mid Devon SGO - Nick Gillard - mr.gillard@st-lukes.devon.sch.uk

North Devon SGO - Zoe Robertson - ZRobertson@gts.devon.sch.uk

South Dartmoor SGO - Tammi Lethbridge - tletchbridge@southdartmoor.devon.sch.uk





Social Media

Why not share your achievements with us on social media using the **#skiptotheGames**
#UnitedbyB2022 **#B2022**

- Facebook – @schoolgamesdevon
- Twitter – @SGDevon
- Instagram - @devonschoolgames

Additional Resources and Purchase Equipment

If you need to purchase any ropes or are looking for more resources, please take a look here [Dan the Skipping Man](#).





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2022**

Class / Team Name

Date

Name	Skips Achieved	Miles	Total

Total