



Uttlesford School Sports Partnership Challenge

Date: Monday 22nd February – Sunday 7th March

Skipping Challenge

This week's challenge is to see how many times you can skip in one minute.

Get someone to time you skipping for a minute – they need to count every time you successfully jump over the rope. If you stop, don't count that one but just carry on skipping and count from the number you were on.

The winners will be:

- Highest number of skips boy/girl for each year group (Reception to Year 6)

Send through the following details to Jcoleman@swchs.net to enter:

1. Name
2. School
3. Gender
4. Year Group
5. Number of skips



Best of luck!