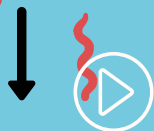




CLICK ON THE 5 'HOW TO' LINKS TO VIEW EACH CHALLENGE; THEN WATCH DAN DEMONSTRATE BRONZE SILVER AND GOLD LEVELS. NOW TAKE UP THE CHALLENGE YOURSELVES!

BERKSHIRE VIRTUAL SCHOOL GAMES
SKIPPING CHALLENGES
 KSI
 HOW TO.....

DAN INTRODUCES THE CHALLENGES



Welcome

DAN CONGRATULATES YOU ON YOUR SUCCESS



WELL done

SINGLE BOUNCE



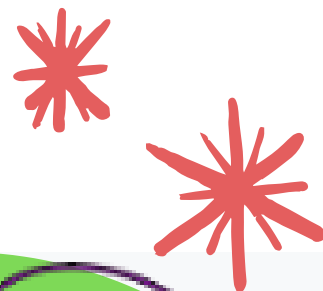
DOUBLE BOUNCE



RUN



WATCH DAN DEMONSTRATE ALL THE CHALLENGES AT EACH LEVEL



BRONZE 20 seconds
SILVER 40 seconds
GOLD 60 seconds

LEARN TO SKIP WITH DAN



SKIPPING WILL IMPROVE:

Coordination Speed Agility Endurance Cardio-Vascular Conditioning

CLICK TO ACCESS EACH VIDEO

CERTIFICATES AND PUPIL RECORD CARDS