



Welcome



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

KS3

HOW TO.....

SINGLE
BOUNCE



SPEED



DOUBLE
BOUNCE



RUN



SLALOM



DAN CONGRATULATES
YOU ON YOUR SUCCESS



WELL 
done

WATCH DAN
DEMONSTRATE ALL
THE CHALLENGES
AT EACH LEVEL



- BRONZE** 30 seconds
- SILVER** 60 seconds
- GOLD** 90 seconds

LEARN TO
SKIP WITH
DAN



SKIPPING WILL IMPROVE:

Coordination **Speed** **Agility** **Endurance** Cardio-Vascular Conditioning

CLICK  TO ACCESS EACH VIDEO

CERTIFICATES & PUPIL RECORD CARDS