

Skipping



SCHOOL
GAMES

LINCOLN & GAINSBOROUGH



How to start

- Stand on the spot holding your rope behind your legs
- Bring the rope over your head and then jump as the rope travels under your feet

Challenge

- When skipping, can you now double bounce?
- You will need to add in a small bounce between your big jump over the rope
- How many can you do in 3 minutes?



Coaching points

Start slowly, getting faster
Keep your hands close to hips

Equipment

Skipping rope
Timer



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Skipping



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Search on YouTube
#LincsSchoolGames
#DTSMChallengeSeries

CAN YOU SHOW A SCHOOL GAMES VALUE?



- If at first you don't succeed, try and try again!
- Persevere and keep trying to set a new personal best



SPACE – Can you now move around whilst completing this challenge?

TASK – Check out Dan The Skipping Mans Challenges for more ideas!

TIME – Change the timeframe you have to complete

EQUIPMENT – Use a long rope to complete the challenge

PEOPLE – Challenge someone else to see how many you can complete in the time or the fastest to a total



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Speed Bounce



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How to play

- Place 2 cones down next to your left foot
- Set your timer up for 20 seconds or ask somebody to count for you
- As the time starts, start jumping sideways over the cones
- Keep your legs together and jump sideways over the cones as many times as you can before the time runs out
- Record your score, have a short break and then try to beat your score.

Coaching points

Keep your legs together
Move your hips
Don't double bounce

Equipment

2 cone markers
Timer



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Speed Bounce



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CAN YOU SHOW A SCHOOL GAMES VALUE?



- Don't count the jumps where you touched a cone
- Stop when the time is up and record your score correctly



SPACE - Place a 3rd cone on top to make your hurdle higher and harder to jump

TASK - Try timing how long it takes you to reach a certain score, can you get quicker

TIME - Increase your time to 40 seconds or 1 minute to improve stamina

EQUIPMENT - Change the cones for a line to make it simpler

PEOPLE - Challenge someone else to see how many you can complete in the time or the fastest to a total



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Hit it Up



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How to play

- Choose a piece of equipment such as a balloon, ball or rolled up socks.
- Use a body part to hit the equipment up into the air.
- Can you keep hitting the object up as it begins to fall down?
- Don't let it hit the ground
- How many did you manage?
- Can you beat it?
- Try a different equipment



Coaching points

Hit it as it falls in front of you
Keep your eyes on the object

Equipment
FREE CHOICE



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Hit it Up



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CAN YOU SHOW A SCHOOL GAMES VALUE?



- Did you drop it? Honestly?
- Stop when the time is up and record your score correctly



SPACE – Try to do it on a spot, no moving around

TASK – Try timing how long it takes you to reach a certain score, can you get quicker

TIME – How many can you do in 1 minute?

If you drop it, keep going

EQUIPMENT – Try using equipment like a racket, frying pan or stick to hit the equipment up

PEOPLE – Can you work with someone to keep it up and keep it going?



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Buckaroo



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How to play

- Choose a family member to stand in a comfortable position
- Fetch one piece of equipment and balance it on the family member without it falling or being held.
- Continue to fetch and balance equipment until it falls to the floor.
- How many pieces of equipment did you manage to balance?
- Now swap over and try to beat it.



Coaching points

Choose a comfortable balanced position
Carefully place the equipment

Equipment

Random mixed equipment



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Buckaroo



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CAN YOU SHOW A SCHOOL GAMES VALUE?



- Hold your balance still to help the person placing equipment
- Choose the equipment and where to place it carefully

SPACE - Choose different balances for your stance

TASK - Only use one type of equipment such as just socks

TIME - How many equipment pieces can you balance in a set time

EQUIPMENT - Use different equipment and various sizes

PEOPLE - Challenge someone else to see how many you can complete in the time or the fastest to a total



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Battleships



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How to play (2 players)

- Set out 16 objects in a grid of 4x4 with each 1 foot apart.
- Each choose where to hide your 3 battleships on the grid. Record this on a bit of paper to help remember.
- Take it in turns to throw a bean bag at the target grid, from 2 metres away.
- If you hit a target, ask if it has hit their ship.
- Hitting a battleship rewards a point, sinking a battleship rewards 3 points.
- First player to sink all 3 battleships wins



Coaching points

Throwing overarm or underarm
Throwing for accuracy (aiming)
Planning tactics for attack

Equipment

16 target markers
1 bean bag or ball



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Battleships



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CAN YOU SHOW A SCHOOL GAMES VALUE?



- Take it in turns with your opponent
- Be honest if they hit your battleship

SPACE - Increase the distance required to throw from to make it harder

TASK - Play on a bigger grid with pupils running to a cone and turning it over rather than throwing an object at the cone

TIME - Limit how many shots each player has. How many points scored from 12 shots

EQUIPMENT - Use a racket and ball to increase difficulty or to link to terms sport focus

PEOPLE - Individual challenge to hit all the cones in as few shots as possible



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Recording Sheet



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What is your name?

What school do you go to?

Which activity was the best?



<u>Date</u>	<u>Activity</u>	<u>1st Score</u>	<u>Best Score</u>



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Recording Sheet



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What did you do to
show any of the school
games values?



<u>Date</u>	<u>Activity</u>	<u>1st Score</u>	<u>Best Score</u>



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