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

KS1

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

THE CHALLENGES

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