

Junior skip-star awards

Junior/Senior infants 1st/2nd class

There will be two awards that skippers can achieve:

1. Junior skip-star award
2. Super skip-star award

Skippers wishing to enter the Junior skip-star awards can tell their teacher when they are able to complete all of the skills.

On the Skipping Challenge Day, they will then be judged and awarded the junior skip-star award badge if they are successful. It is important to practice each skill individually before attempting them altogether.

Skipping coaches will be able to teach the skills to the children and help them practice during yard.

Junior skip-star award

1. Double bounce forward skip
 - 10 turns of the rope with no misses
2. Double bounce backward skip
 - 10 turns of the rope with no misses
3. Single bounce forward skip
 - 10 turns of the rope with no misses
4. Single bounce backward skip
 - 10 turns of the rope with no misses
5. Face to face partner skip
 - 10 turns of the rope with no misses

Super skip-star award

1. Running on the spot

- 10 turns of the rope with no misses

2. Pretzel

- 10 turns of the rope with no misses

3. The coil (Arm wrap)

- 10 turns of the rope with no misses

4. Continuous crossovers

- 10 turns of the rope with no misses

5. Double dutch

- 10 turns of the rope with no misses