

CLIMB the HEIGHTS

Skipping Challenge

Record the number of skips that you do every day. If you manage to persuade a family member to skip with you then you can add their skips to your skips and gain lots more metres. If you don't have a skipping rope, complete the challenge with jumping jacks.

How many mountains can you climb?

Don't forget to tick them off the chart overleaf!

1 skip = 1 metre

Week 1 __ / __ / __	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
My School Skips							
My Home Skips							
Family Skips							
Daily Total							

Week 2 __ / __ / __	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
My School Skips							
My Home Skips							
Family Skips							
Daily Total							

Week 3 __ / __ / __	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
My School Skips							
My Home Skips							
Family Skips							
Daily Total							

Week 4 __ / __ / __	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
My School Skips							
My Home Skips							
Family Skips							
Daily Total							

I DID IT!	I skipped EVERY DAY for four weeks!	
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Pupil name

Parent

Class/Teacher

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Skipping Challenge

Active School Flag encourages YOU to get **SKIPPING**. Add up your skips/metres to see which of the mountain peaks of Europe that you can climb.

1 skip = 1 metre

	Height (m)	DID IT!
Großglockner Austria	3,798	☒
Signal de Botrange Belgium	694	☐
Musala Bulgaria	2,925	☐
Dinara Croatia	1,831	☐
Mount Olympus Cyprus Cyprus	1,952	☐
Sněžka Czech Republic	1,603	☐
Møllehøj Denmark	171	☐
Suur Munamägi Estonia	318	☐
Halti Finland	1,324	☐
Mont Blanc France	4,810	☐
Zugspitze Germany	2,962	☐
Mount Olympus Greece	2,918	☐
Kékes Hungary	1,014	☐
Hvannadalshnúkur Iceland	2,110	☐
Carrauntoohil Ireland	1,041	☐
Monte Bianco Italy	4,810	☐

	Height (m)	DID IT!
Gaizinkalns Latvia	312	☐
Vorder Grauspitz Liechtenstein	2,599	☐
Aukštojas Hill Lithuania	294	☐
Kneiff Luxembourg	560	☐
Mount Korab Macedonia	2,764	☐
Ta' Dmejrek Malta	253	☐
Vaalserberg Netherlands	322	☐
Mount Rysy Poland	2,503	☐
Mount Pico Portugal	2,351	☐
Moldoveanu Peak Romania	2,544	☐
Gerlachovský štít Slovakia	2,655	☐
Triglav Slovenia	2,864	☐
Mulhacén Spain	3,479	☐
Mahya Dağı Turkey	1,031	☐
Ben Nevis United Kingdom	1,345	☐