

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	<input checked="" type="checkbox"/>
Signal de Botrange Belgium	694	<input type="checkbox"/>
Musala Bulgaria	2,925	<input type="checkbox"/>
Dinara Croatia	1,831	<input type="checkbox"/>
Mount Olympus Cyprus Cyprus	1,952	<input type="checkbox"/>
Sněžka Czech Republic	1,603	<input type="checkbox"/>
Møllehøj Denmark	171	<input type="checkbox"/>
Suur Munamägi Estonia	318	<input type="checkbox"/>
Halti Finland	1,324	<input type="checkbox"/>
Mont Blanc France	4,810	<input type="checkbox"/>
Zugspitze Germany	2,962	<input type="checkbox"/>
Mount Olympus Greece	2,918	<input type="checkbox"/>
Kékes Hungary	1,014	<input type="checkbox"/>
Hvannadalshnúkur Iceland	2,110	<input type="checkbox"/>
Carrauntoohil Ireland	1,041	<input type="checkbox"/>
Monte Bianco Italy	4,810	<input type="checkbox"/>

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

