

# #SKIPUNITE

CONNECT | BE ACTIVE | GIVE | LEARN | TAKE NOTICE

# School Overview Document

School use only

We're delighted to be sharing details of our penultimate #UNITE project... #SKIPUNITE! As with our other #UNITE projects, #SKIPUNITE aims to help keep children physically active.

We also hope children will learn new skills and have some fun. To help with this, our friends at Skipping School have been working hard to develop a series of skipping tutorial videos just for you...

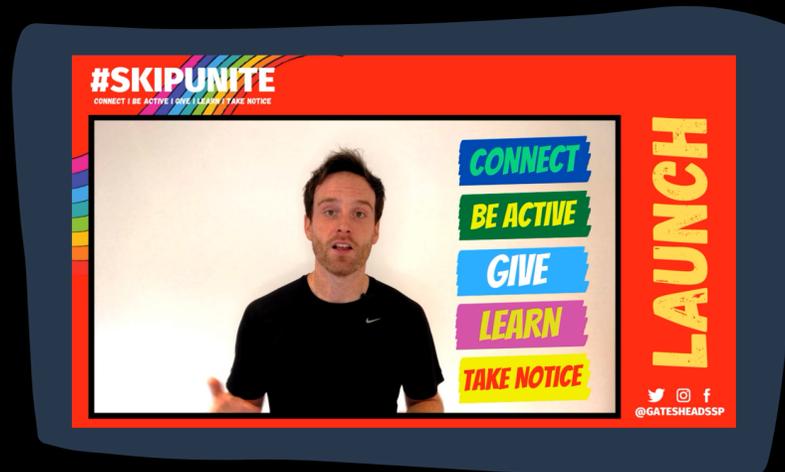
Although FULL DETAILS of the #SKIPUNITE should be accessed via our @GatesheadSSP social media and YouTube channels (links below) we have collated the key campaign details here to help support INITIAL planning and engagement/sharing with the wider school community.



## LAUNCH DAY

**AM** - The official #SKIPUNITE launch is delivered by #UNITE favourite, presenter, Matt Bailey. The launch video provides viewers with a basic overview of the project and is designed to encourage engagement.

[Click on the image below to view the #SKIPUNITE launch video](#)



**PM** - 'The Coaches' - Chris & Jodi (Skipping School) introduce themselves and explain more about how #SKIPUNITE will work. They provide an overview of how activities will be tailored for KS1 and KS2 children.

[Click on the image below to view 'The Coaches' video](#)



## SKILLS INTRO

**PM** - Anyone wishing to take part in #SKIPUNITE activities **MUST** watch this video first. This video contains 'Top Tips' (see right) to support participants' preparation and safe involvement. The #SKIPUNITE skills are also demonstrated (4 x Beginner and 4 x Advanced). Children should view the skills to decide which set is best for them to learn.

[Click on the image below to view the 'Skills Intro' Video](#)



## TOP TIPS

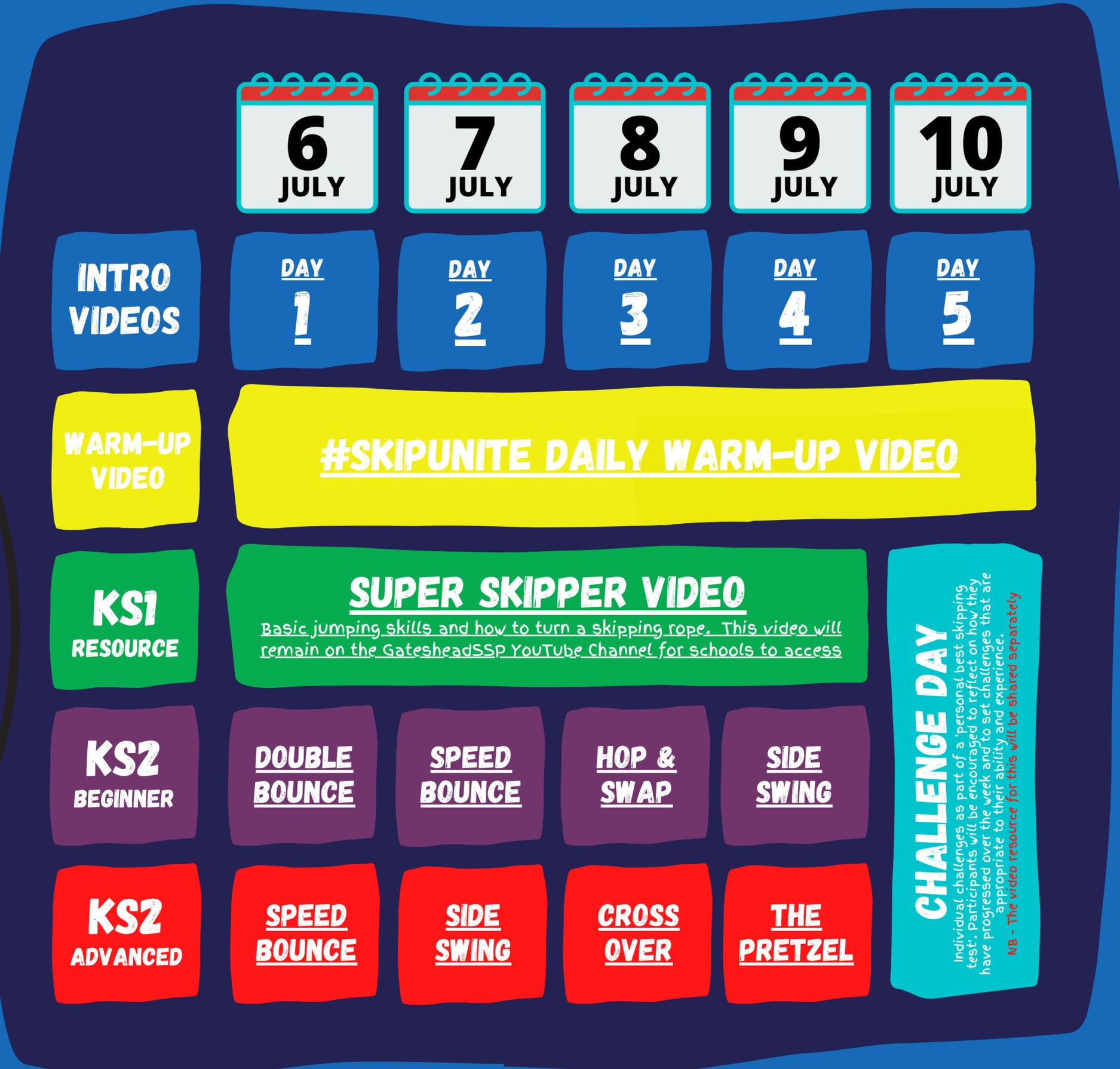
- Using the right size rope
- How to hold the rope correctly
- How to jump at the right time
- Choosing the best place to practice
- Warming up and cooling down
- Signposting to additional guidance

# #SKIPUNITE WEEK - OVERVIEW



The diagram to the right provides an overview of the #SKIPUNITE video resources available to view during the course of the week.

We are sharing links to ALL of these video resources ahead of their official release on social media to help support school engagement and planning. Simply click on the relevant image in the overview to view the associated video resource on the GatesheadSSP YouTube channel.



**TAKE NOTICE**

**GIVE**

**BE ACTIVE**

**LEARN**

**CONNECT**

**HOP**

**SUPER  
SKIPPER**

**IN THE  
AIR...**

**ADVANCED**

**JUMP**

**CLICK!**

**BEGINNER**

**#UNITE  
Mark  
Award**

Schools will be able to apply for a #UNITE Mark towards the end of the Summer Term. This has been dovetailed with the School Games virtual engagement award to recognise schools who have engaged with a range of virtual activity programmes during the Summer term.

Applications will be via a short online form. Although the criteria will be flexible, any schools who have engaged with a minimum of TWO #UNITE projects will qualify for the award.



## **SAFETY**



Safety information has been threaded into supporting resources and can be accessed via the blue links below. This includes generic physical activity guidance, [how to stay safe online](#) and [exercising outside of the home](#). In addition, all tutorial videos incorporate written and verbal safety instructions. Participants **MUST** also read and consider [activity specific safety guidance](#). Schools should use this information to support their own planning and engagement.

