

Skipping is
great for
heart
health!

Skipping

Get
Skipping

Have fun while skipping towards your daily goal of 60 minutes of physical activity!

Here are some ideas to try:

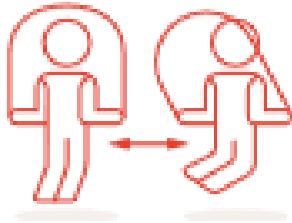
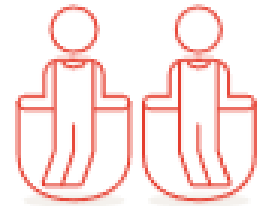


Basic Jump

Jump on both feet.
Jump once for each turn of the rope.

Skier

With feet together jump from left to right.



Bell

Two feet together and jump forward
and then backwards.



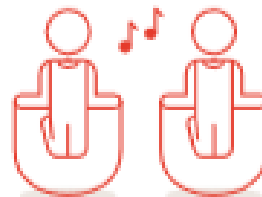
Can Can

Start off with normal single bounce,
then lift the right knee up,
knee down, kick out and come back in.
Repeat on the other leg.

Jumping Rhyme

Jump, jump, jump a rope,
Merrily in the spring.
Hop, hop on each foot,
As fast as you can sing.

(Repeat and try to skip faster with each verse)



Beat your own record

Start skipping and count the number of skips you can do without stopping. Now try again and see if you can beat your record.



Maths tables

Learn your maths tables while you skip.
Call them out for every jump.

Skip-a-song

Play your favourite song and see if you can skip until the end.



Irish Heart
Foundation