



Learning to Skip

- 1 Practise initially with just arms, swinging the rope from the heels to the front of the toes and back again while standing, keeping feet flat on the ground.

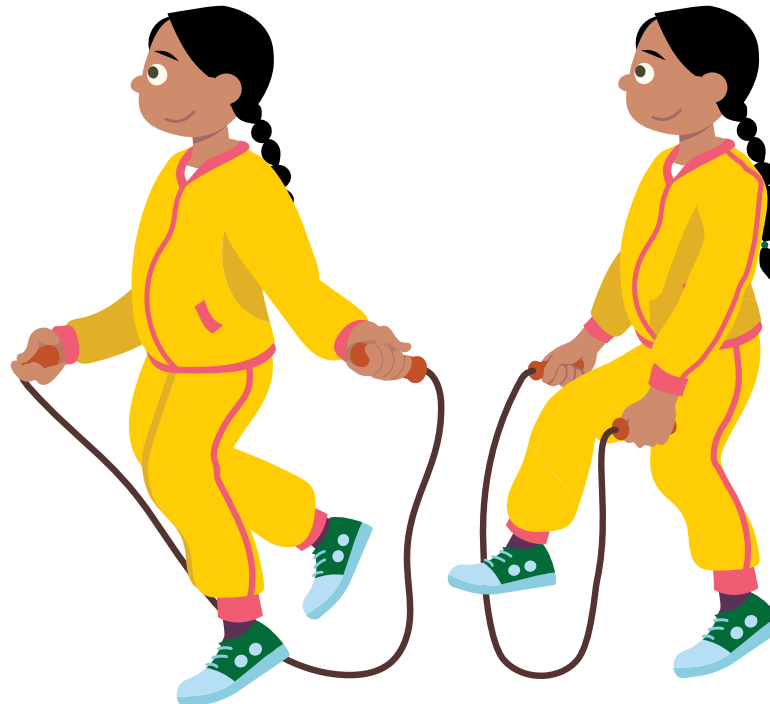
Focus on:

- ➔ gripping handles of the skipping rope.
- ➔ making big arm circles.
- ➔ moving both arms at the same time.

- 2 When comfortable with arm movements, introduce feet. Step over the rope while walking or running, or try small jumps over the rope.

Focus on:

- ➔ getting used to the rhythm of the turning rope.
- ➔ understanding where the rope is without having to look.
- ➔ jumping at the right time when the rope gets close to the feet.



Games or activities that involve jumping rhythmically over a stationary rope or line with both feet at the same time, will help to develop the foundations of skipping.



Modifications for skipping

For pupils who are wheelchair users, use two short ropes or scarves. Hold one in each hand and rotate at sides.

Start with one hand and progress to moving both in a rhythmic motion at same time.

