

(11) SKIPPING

(A) SKIPPING WITHOUT A ROPE

Possible progressions:-

- (i) Hop on one foot.
- (ii) Hop on other foot.
- (iii) Hop a few times on one foot and then a few times on the other.
- (iv) Two hops on right, two hops on left etc.
- (v) Step-hop right foot - step hop left foot etc.
- (vi) Into skipping.



(B) SKIPPING WITH A ROPE

Possible progressions:-

- (i) Lots of bouncing “on the spot” practices and bouncing “over a line and back” practices.
- (ii) Hold the skipping rope in both hands - rope in front of feet. Jump or walk over the rope then swing the rope over your head to the ground in front of your feet again – repeat.
- (iii) Most children will gradually manage to achieve some sort of rhythm but those who find it very difficult should hold both ends of the rope in **one hand**. As they turn the rope at the side of them they jump “over” the imaginary rope as it arrives on the floor! This often gives children confidence and helps develop rhythm.

