

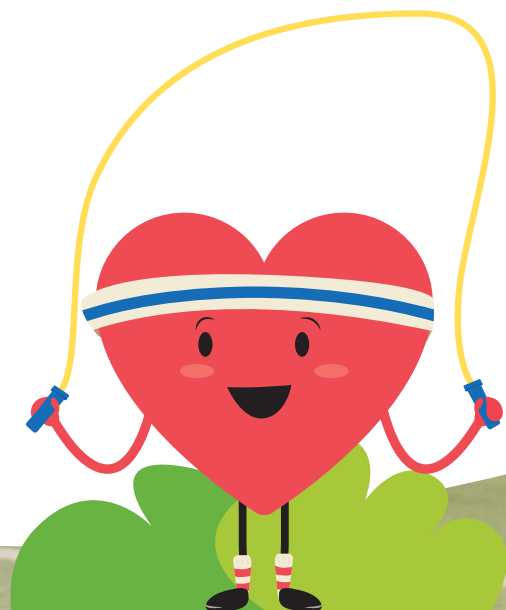


Skipping Activity Guide

Name:

Year:

School:



Examples of key outcomes for different year groups:

Reception

- ✓ Practise fundamental movement skills and movement sequences using different body parts.
- ✓ Identify and describe how the body moves in relation to effort, space, time, objects and people.
- ✓ Explore how regular physical activity keeps individuals healthy and well.

Year 1-2

- ✓ Perform fundamental movement skills in a variety of movement sequences and situations.
- ✓ Incorporate elements of effort, space, time, objects and people in performing simple movement sequences.
- ✓ Discuss the body's reactions to participating in physical activities.

Year 3-4

- ✓ Practise and refine fundamental movement skills in a variety of movement sequences and situations.
- ✓ Combine elements of effort, space, time, objects and people when performing movement sequences.
- ✓ Examine the benefits of physical activity to health and wellbeing.

Year 5-6

- ✓ Practise specialised movement skills and apply them in a variety of movement sequences and situations.
- ✓ Manipulate and modify elements of effort, space, time, objects and people to perform movement sequences.
- ✓ Participate in physical activities designed to enhance fitness, and discuss the impact regular participation can have on health and wellbeing.
- ✓ Examine the benefits of physical activity to health and wellbeing.

Year 7

- ✓ Use feedback to improve body control and coordination when performing specialised movement skills in a variety of situations.
- ✓ Demonstrate and explain how the elements of effort, space, time, objects and people can enhance movement sequences.
- ✓ Participate in physical activities that develop health-related and skill-related fitness components, and create and monitor personal fitness plans.

Steps to Success

Beginner

1.



I can practice that skill

I have the physical skills necessary to perform the skill. I understand the movement I am trying to perform.

2.



I can sometimes do it

I have successfully performed the skill at least once. I concentrate on the process of the skill when performing it.

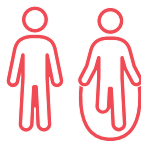
3.



I can perform it with ease

I can successfully perform the skill most times I try. I can perform the skill without thinking about it.

4.



I can teach it to someone else

I can perform the skill with ease. I can explain the steps of learning the skill. I can assess someone else's success.




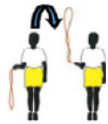








Master

JUMP ROPE
for **HEART**



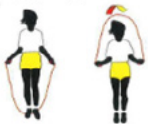
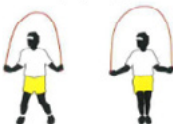
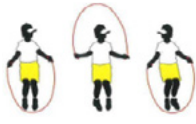
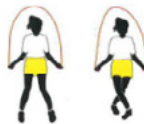

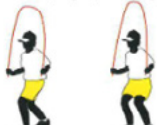
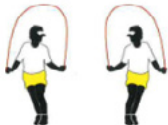
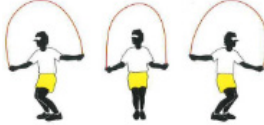

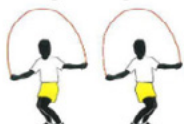


Beginner



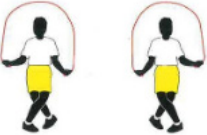
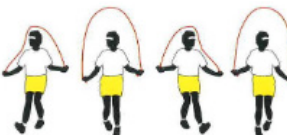

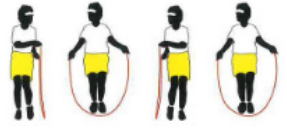



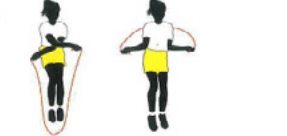

Basic Skills

	1.	2.	3.	4.		1.	2.	3.	4.
 <p>Skill (no rope)</p>	I am practising	I can sometime do it	I can perform with ease	I can teach it to someone else	 <p>Skill</p>	I am practising	I can sometime do it	I can perform with ease	I can teach it to someone else
 <p>10 x Jump with feet together</p>					 <p>10 x forward circle with right hand</p>				
 <p>10 x Jump side to side (also try double bounce)</p>					 <p>10 x forward circle with left hand</p>				
 <p>10 x Jump forward and backward (also try double bounce)</p>					 <p>10 x backward circle with right hand</p>				
 <p>10 x Scissor jumps</p>					 <p>10 x backward circle with left hand</p>				
 <p>10 x hop on each foot</p>					 <p>10 x figure of 8 (side swing)</p>				

Basic Skipping Skills

	1.	2.	3.	4.		1.	2.	3.	4.
 Skill	I am practising	I can sometime do it	I can perform with ease	I can teach it to someone else	 Skill	I am practising	I can sometime do it	I can perform with ease	I can teach it to someone else
 Single Bounce Cue: jump, jump, jump					 Side Straddle Cue: out, in, out, in				
 Double Bounce Cue: jump, bounce, jump, bounce					 Straddle Cross Cue: out, cross, out, cross				
 Backward Jump Cue: jump, jump, jump					 Scissors Cue: left, right, left, right				
 Skier Cue: left, right, left, right					 Twist Cue: right, middle, left, middle				
 Bell Cue: forward, backward					 Advanced Twist Cue: right left, right left				

Basic Skipping Skills

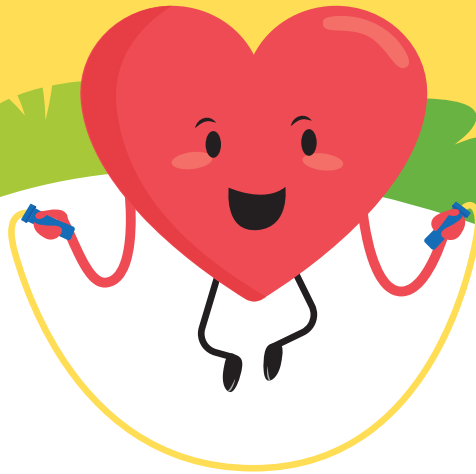
	1.	2.	3.	4.		1.	2.	3.	4.
 <p>Skill</p>	I am practising	I can sometime do it	I can perform with ease	I can teach it to someone else	 <p>Skill</p>	I am practising	I can sometime do it	I can perform with ease	I can teach it to someone else
 <p>Switches Cue: cross, cross, cross</p>					 <p>Heel-Toe Cue: heel, toe, heel, toe</p>				
 <p>1 Leg Jump Cue: hop, hop, hop</p>					 <p>Single Side Swing & Jump Cue: swing, jump, swing, jump</p>				
 <p>Jogging Step Cue: left, right, left, right</p>					 <p>Double Side Swing & Jump Cue: left, right, open, jump</p>				
 <p>Heel to Heel Cue: heel, heel, heel, heel</p>					 <p>Cross Cue: jump, cross, open</p>				
 <p>Toe to Toe Cue: toe, toe, toe, toe</p>									

Create your own skipping routine

Try to link multiple skills in a sequence. You may like to do the basic jump between skills while you are practising.



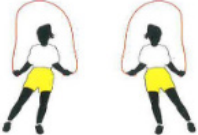
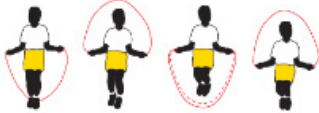
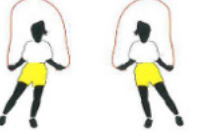

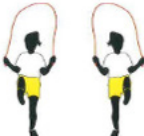


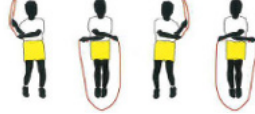


Routine 1	Routine 2	Routine 3	Routine 4
Skill 1	Skill 1	Skill 1	Skill 1
Skill 2	Skill 2	Skill 2	Skill 2
Skill 3	Skill 3	Skill 3	Skill 3
Skill 4	Skill 4	Skill 4	Skill 4

JUMP ROPE
for **HEART**



Intermediate

Intermediate Skipping Skills

	1.	2.	3.	4.		1.	2.	3.	4.
 <p>Skill</p>	I am practising	I can sometime do it	I can perform with ease	I can teach it to someone else	 <p>Skill</p>	I am practising	I can sometime do it	I can perform with ease	I can teach it to someone else
 <p>Leg Swing Cue: swing left, swing right</p>					 <p>Double Under Cue: one, two, three, double</p>				
 <p>Peak-a-boo Cue: tap left, tap right</p>					 <p>Criss Cross Cue: cross, jump, open, jump</p>				
 <p>Kick Swing Cue: kick left, kick right</p>					 <p>Backward Criss Cross Cue: jump, cross, open</p>				
 <p>Skier Cue: left, right, left, right</p>					 <p>Side Swing Cross (Matador) Cue: right, cross, left, cross</p>				
 <p>Can Can Cue: knee jump, kick jump</p>					 <p>Forward 180° Turn Cue: jump, swing and turn, jump backwards</p>				

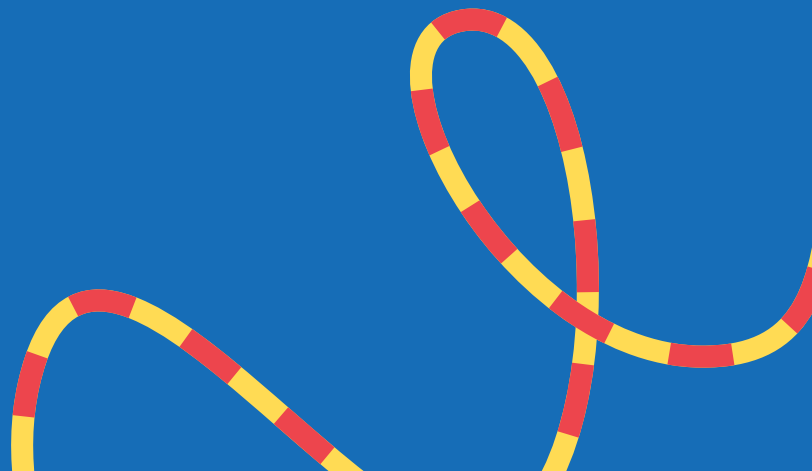
Create your own skipping routine

Try to link multiple skills in a sequence. You may like to try linking the beginner skills with the intermediate skills you have learned.




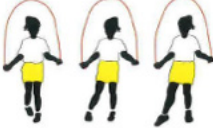

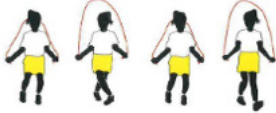

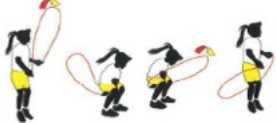



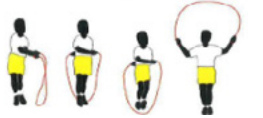
Routine 1	Routine 2	Routine 3	Routine 4
Skill 1	Skill 1	Skill 1	Skill 1
Skill 2	Skill 2	Skill 2	Skill 2
Skill 3	Skill 3	Skill 3	Skill 3
Skill 4	Skill 4	Skill 4	Skill 4

JUMP ROPE
for **HEART**

Advanced



Advanced Skipping Skills

	1.	2.	3.	4.		1.	2.	3.	4.
 <p>Skill</p>	I am practising	I can sometime do it	I can perform with ease	I can teach it to someone else	 <p>Skill</p>	I am practising	I can sometime do it	I can perform with ease	I can teach it to someone else
 <p>Backward Double Under Cue: one, two, three, double</p>					 <p>Fling Cue: ankle, side, front</p>				
 <p>Double Side Swing Double Under Cue: left, right, double under</p>					 <p>Grapevine Cue: step, behind, step, kick</p>				
 <p>Slow Push Up (Burpee) Cue: jump, squat, out, squat, jump</p>					 <p>Dipsy Doodle Cue: bend, cross, flick, jump</p>				
 <p>Shuffle Step Cue: heel, toe, heel, jump</p>					 <p>Up and Under (Pretzel or Croucher) Cue: jump, under, jump, swing</p>				
 <p>Razzle Dazzle Cue: jump, front knee, jump back knee</p>					 <p>Wrap Around (E.B. Cross or Front-Back Cross) Cue: swing, cross, jump, open</p>				

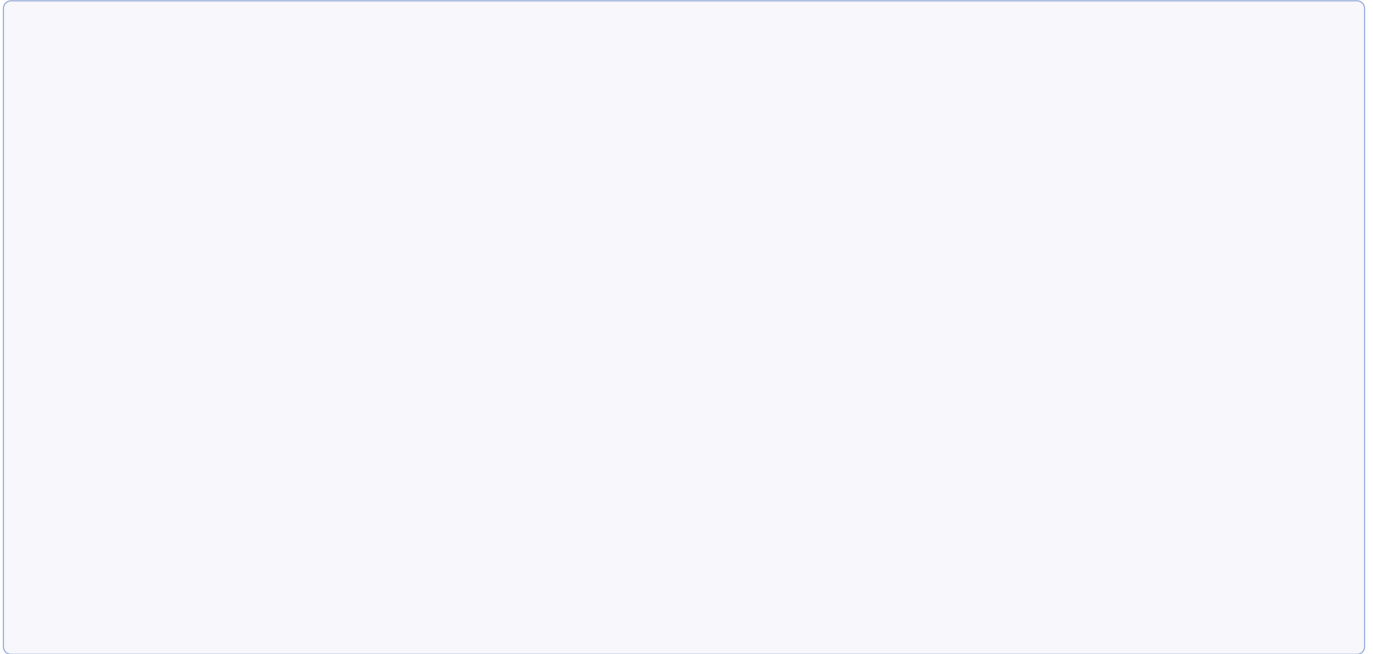
Create your own skipping routine

Try to link multiple skills in a sequence. You can include beginner, intermediate and advanced skills in each routine you create. Try doing the basic jump between skills while you are practising.

Routine 1	Routine 2	Routine 3	Routine 4
Skill 1	Skill 1	Skill 1	Skill 1
Skill 2	Skill 2	Skill 2	Skill 2
Skill 3	Skill 3	Skill 3	Skill 3
Skill 4	Skill 4	Skill 4	Skill 4

Reflection

Describe how Jump Rope for Heart keeps you healthy:



Describe how your health and level of fitness has changed throughout the term.
What effect do you think Jump Rope for Heart has had?

