

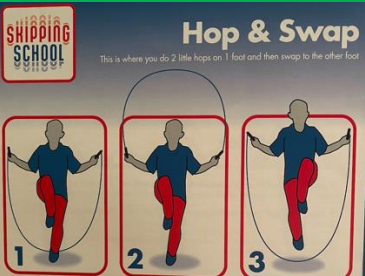





Key Stage 1

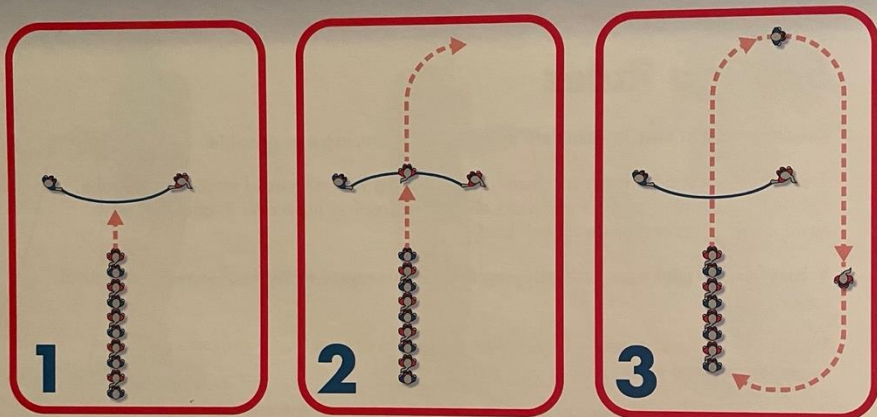
Skip	How to do it	Top tips
 <p>Single Bounce This is where you do 1 little jump each time you turn the rope.</p>	Each time you turn the rope you do 1 little jumps over it.	Lie the rope on the floor. Try 1 little jump at a time and listen for the click of the rope on the floor and then do the 1 little jump over the rope. Stop and do it again. Keep your legs quite straight and try not to jump too high.
 <p>Double Bounce This is where you do 2 little jumps each time you turn the rope.</p>	Each time you turn the rope you do 2 little jumps over it.	Keep turning the rope and get that double bounce rhythm in your body.
 <p>Hop & Swap This is where you do 2 little hops on 1 foot and then swap to the other foot.</p>	Two hops on one foot and then swap to the other and do two hops. Quick hop and swap – one hop on each foot.	Hop on one foot to improve your balance. When you feel confident, swap to the other foot. Then practise hoping from one foot to the other.
 <p>Side Straddle This is where you do 2 little jumps with your feet together and then 2 little jumps with your feet apart before bringing them back together again.</p>	Two jumps with your feet together and then two little jumps with your feet apart before bringing them back together again. Quick side straddle – one jump feet apart then one jump feet together.	Practise 2 jumps together then 2 apart without the rope. Then add the rope.

Key Stage 1 and 2 team skipping



Run Jump Out

This is where you run into, jump over, then run out of a big rope in a straight line as it spins around



Line up as a team of skippers **in front of the rope**, as shown above.

When you are at the front of the line, you should be approximately **3 paces away from the middle** of the rope.

You are now in the right position to start.

When the rope **clicks** on the floor, you should **run into it in a straight line**.

When you get to the **middle**, between the 2 rope turners and the rope clicks on the floor again, you should **jump over it once**.

You should try your best to **jump as high as you can and keep your feet together**.

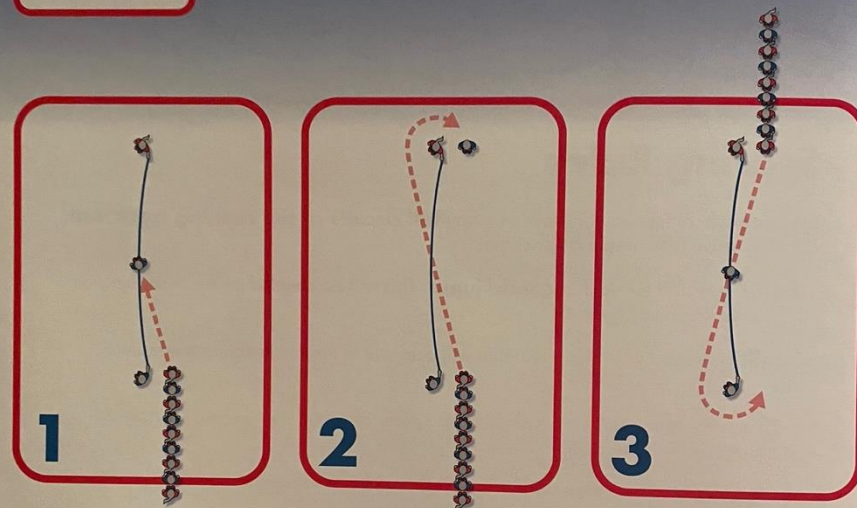
Once you have completed your jump, you should run out in a **straight line** as fast as you can.

Run in a **semi circle** to join the **back of the line** of skippers to wait for your next go.



Keep the Pot Boiling

This is where you run into, jump over, then run out of a big rope in a diagonal line as it spins around



Line up as a team of skippers at the **side of the rope** **turner**, as shown above.

When you are at the front of the line, you should be standing **shoulder to shoulder** with the rope turner.

You are now in the right position to start.

When the rope **clicks** on the floor, you should **run into it in a diagonal line**.

When you get to the **middle**, between the 2 rope turners and the rope **clicks** on the floor again, you should **jump over it once**.

You should try your best to **jump as high as you can and keep your feet together**.

Once you have completed your jump, you should run out in a **diagonal line** as fast as you can.

Run in a **semi circle** behind the rope turner and **wait on the opposite side**.

Once all the team has completed the diagonal line, you should take it in turns to **go diagonally back to the start position**.