








Key Stage 2

Skip	How to do it	Top tips
 <p>Side Swing This is where you do 1 rotational swing of the rope on each side of your body, then open it up and jump over it.</p>	One rotational swing of the rope on each side of your body, then open it up and jump over it.	Practise swinging the rope from side to side first without jumping until you get a good rhythm.
 <p>Cross Over This is where you do a jump over the rope with your arms open, followed by the next jump with your arms crossed.</p>	One jump over the rope with your arms open, followed by the next jump with your arms crossed.	Try one little jump at a time and listen for the click of the rope on the floor and then do the one little jump over the rope in crossover position. Stop and do it again.
 <p>Pretzel This is where you get your body into a crazy hopping position.</p>	One arm under your raised leg. Single or double bounce over the rope.	Practise hopping to improve your balance. Turn the rope once, let it click on the floor and hop over it. Repeat until you get the hang of it.
 <p>Face to Face This is where 2 skippers jump together in 1 rope.</p>	Two skippers jump together in one rope while facing each other.	Practise getting your jumps intime without the rope at first. Then try with the rope using double bounce. Once you get confident, switch to single bounce.

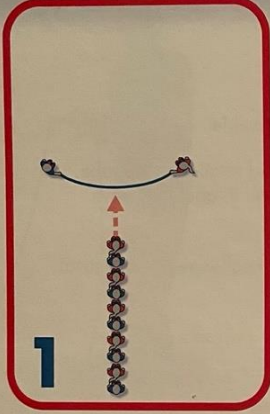
Key Stage 1 and 2 team skipping

KS2 – to be the most efficient at keep the pot boiling there should be no gap between the rope turn.



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

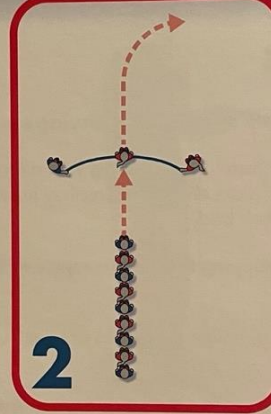


1

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.

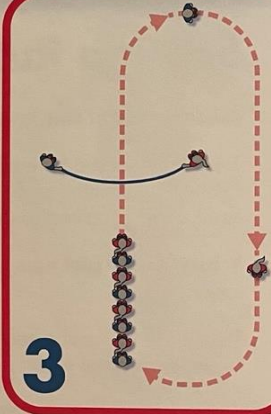


2

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**.



3

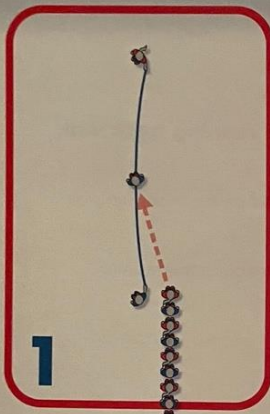
Once you have completed your jump, you should run out in a **straight line** as fast as you can.

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

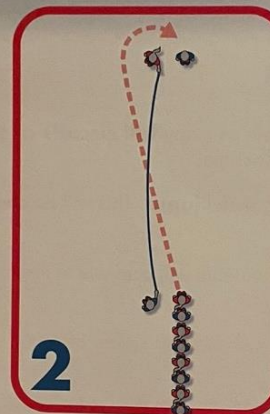


1

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.

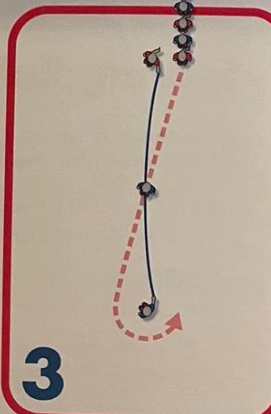


2

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**.



3

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**.