

Spar Lancashire School Games

Learn!

Skill 9: Skipping

Aim: To develop your skipping skills.

Task 1: Complete the below activity seeing if you can understand the skipping skill and see how many skips it takes to get across your space.

Task 2: Complete it again but without the coloured markers.

Video Demonstration

Practice makes perfect - play the following game with a parent, carer or sibling

Skill/Skills	Activities	How to Play	Equipment
Skipping	<p>Skipping Practice</p> <p>Visual Learners - Use same coloured household items or toys that represent right foot (orange) and left foot (blue). Place a comfortable distance apart & to the side, leaving room to skip. Keep repeating.</p>	<ol style="list-style-type: none"> Find some same coloured toys, clothing or household items. Separate the coloured items and place them in pairs, a child's stride apart, one in front of the other. Create a lane, one colour on the right (right foot) and other colour on the left (left foot). Participants will skip down the middle of this narrow lane, placing their foot next to the items as they travel down. Remove the lane objects once participants understand the skill and don't need them. MOTION: STEP then HOP, SWITCH FOOT, STEP then HOP, SWITCH FOOT, STEP then HOP, SWITCH FOOT, STEP then HOP..... 	Any same coloured items that can represent right foot and left foot.



Points to help improve rolling

Start off with some marching - knees up, and utilising arms (raise right hand when left foot forward, raise left hand when right foot forward)

Use small movements first, then build it up as you get more confident.

Bigger strides and hopping further makes you quicker.

Repetition - keep practicing

Now you have practiced this skill why not try out our Challenge!

Click here to be taken to the [Challenge Resource Card](#):