

GetActive@Home

Episode 1 - Skipping

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- Without a skipping rope - Perform a skipping motion with both feet together. Bounce feet on the ground once, then double bounce, then jump from side to side.
- Standing up or on the ground, make the following letters with your body - T, P, X, I. Then balance on one leg with your other leg extended out backwards and your arms out to the side.
- With a skipping rope - Complete each of the movements.

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- With a skipping rope - Skip with both feet together and rotate the rope once then stop. Rotate the rope twice then stop. Continue this pattern to try and reach a count of ten.

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With a partner try:

- making different skipping combinations
- try making different and guess each others' body shapes
- go slower or faster make it easier or harder.



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These activities may address the outcomes listed as part of a whole school PDHPE scope and sequence.

PDe1-4 performs movement skills in a variety of sequences and situations.

PDe1-11 incorporates elements of space, time, objects effort and people in creating and performing simple movement sequences.

Sample questions:

Where do you look when skipping? (Technical)

How do you move to make skipping easier? (Tactical)

What do we say to make skipping easier? (Reinforce)

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Tuck elbows in.

Rotate the arms.

Bounce feet.

Eyes ahead.

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Skipping rope or similar.

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Episode 1 - Skipping

Stage 1

Challenges

- Without a skipping rope - Perform a skipping motion with both feet together. Bounce feet on the ground once, then double bounce, then jump from side to side.
- Standing up or on the ground, make the following letters with your body - T, P, X, I. Then balance on one leg with your other leg extended out backwards and your arms out to the side.
- With a skipping rope - Complete each of the movements.

Mega Challenges

- With a skipping rope - Skip with both feet together and rotate the rope once then stop. Rotate the rope twice then stop. Continue this pattern to try and reach a count of ten.

Other variations

With a partner try:

- making different skipping combinations
- try making different and guess each others' body shapes
- go slower or faster make it easier or harder.



Suggested PDHPE Outcomes

These activities may address the outcomes listed as part of a whole school PDHPE scope and sequence.

PD1-4 performs movement skills in a variety of sequences and situations.

PD1-11 incorporates elements of space, time, objects, effort and people in creating and performing simple movement sequences.

Sample questions

Where do you look when skipping? (Technical)

How do you move to make skipping easier? (Tactical)

What do we say to make skipping easier? (Reinforce)

Teaching cues

Tuck elbows in.

Rotate the arms.

Bounce feet.

Eyes ahead.

Equipment

Skipping rope or similar.