



Term 4 PE planner - (Select your activity)

Week 3 – Skipping skills

Keep working on your skipping skills.

All year levels

Everyone to do every day if possible



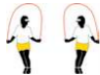


Skipping is a great way to stay fit. It will also build your coordination skills.

1. Find a skipping rope or something that you can jump through or over, eg. Hoola-hoop, small box, giant teddy.
2. Skip with the rope or jump over the objects repeatedly. Try to do this without stopping for as long as you can.

Try and do at least 15 – 30 minutes of this ever day this week.

Try and do some faster skipping or some of the trick skips.

Other skipping activities: See how many you can perfect

Single Bounce		Jump with both feet together. Try jumping in time to the beat of a song
Double Bounce		Jump the rope once, followed by a small rebound bounce.
Skier		Practise jumping side to side along a marked line. Remember: little jumps.
Bell		Count the beat: 1, 2, 1, 2 as the skipper jumps forwards and backwards
Side Swing		Hold hands together in front of body and practise the motion of rowing a boat as you swing the rope to each side of your body. Some skippers may need assistance to mimic this motion.