

17. Skipping Challenges

Description

Arrange pupils on their own spot marker. Each pupil is given their own skipping rope to use. Invite pupils to practise the skill of skipping to allow the pupils to become more familiar with it. Remind the pupils to land on the balls of their feet and to keep their knees bent. Challenge the pupils to count how many consecutive skips they can do. Challenge the pupils to skip 5 times using their right foot only and then 5 times using their left foot only.

Equipment

- Skipping Ropes
- Spot Markers

Variations

- Invite pupils to skip without a rope to practise the movement, or skip with the rope on the ground to build up their confidence.
- Invite pupils to challenge themselves by skipping with high knees, one foot and then the other, double unders, skipping backwards etc.

