

SKIPPING

Scipeáil



Target Pupil								Comments
Arms bent and swing in opposition to legs		Arms						
Step forward and hop on the same foot with a high knee drive		Legs						
Support leg bends in preparation for the hop								
Land on balls of foot								
Upright and steady		Trunk						

Hints	What instructions should I give? Skip as fast as you can.	From where should I observe this skill? The side for the arm and leg action. The front for the head and eyes.	What equipment do I need? Cones, whistle.