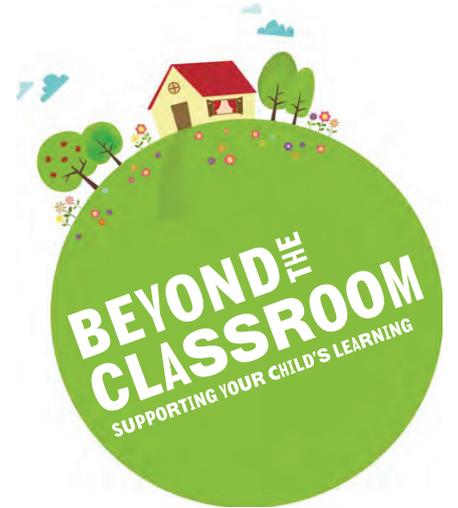


Introduction

Skipping is a rhythmical skill that involves transferring weight from one foot to another. It is used in many playground games and is important in a wide range of sporting activities such as basketball, rugby and dance. When learning how to skip it is important to focus on the step-hop rhythm rather than speed.



Each activity A, B and C below is accompanied by a video clip. Click on the links below, scan the QR code using your mobile device, or visit www.scoilnet.ie/pdst/physlit to view these video clips and to access all of the Move Well, Move Often resources, including more activities, videos, posters and assessment templates.

Choose the home activity to best support the further learning of the pupils in your class. These activities may provide opportunities at home to practise the following teaching points:

Home Activity A

Keep head up and eyes looking forward.
Land on the ball of the foot.

[Click here for video](#)

Home Activity B

Bend leg to help get ready for the hop.

[Click here for video](#)

Home Activity C

Swing arms in opposition to their legs.

[Click here for video](#)



Skipping

Click [here](#) to see a video of this fundamental movement skill

Click [here](#) to download a poster for this skill



[Scan here for video](#)

Move Well, Move Often:

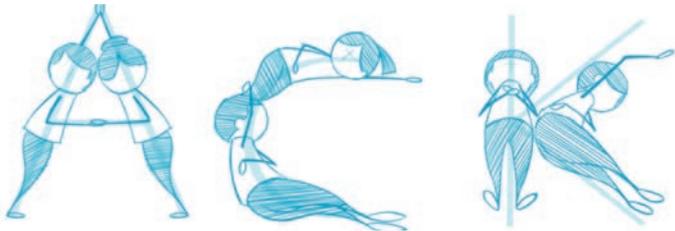
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SKIPPING

Scipeáil



Home Activity A

| | | | | |
|---------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|--------------------------------------------|-------------------------------------------------------------------------------------|
| <p>Warm Up</p> | <p>Follow the Call: Skip: skip forwards in a straight line Turn: turn quickly and walk in the opposite direction Jump: jump from two feet to two feet Touch: touch ground with both hands bending at the knee Bellies: lie on bellies and walk again Back: lie on backs and walk again Jog: jog</p> | | | |
| <p>FMS Focus</p> | <p>Today when Skipping focus on...</p> | | | |
| | <p>Keep head up, eyes looking forward</p> |  | <p>Land on the ball of the foot</p> |  |
| <p>Skipping Practise</p> | <p>Letters</p> <p>Description of Activity Arrange pupils in pairs. On a signal, pupils from each pair begin skipping in opposite directions around the playing area. When the teacher calls out a letter e.g. 'A', pupils must skip towards each other, meet and form that letter using their body parts, either standing or lying down. When each pair has constructed the letter, invite pupils to begin skipping again and repeat the activity using another letter.</p>  <p>Variations:</p> <ul style="list-style-type: none"> • One player: skip and make the shape of the letter using your body • Two Players: Skip and make the shape of two lettered words e.g. in, to, as. | | | |
| <p>Home Challenge</p> | <p>Each player begins with a number of rolled up socks/crayons/clothes pegs. Start at one side of a playing area and hold one pair of rolled up socks in one hand. An adult calls 'ready, steady, go...' then all players skip while holding their pair of rolled up socks to the other side of the playing area. Drop the object in a bucket or basket and skip back to the starting position. The 1st person to bring all their objects to the other side of the playing area is the winner.</p> <p>Variations:</p> <ul style="list-style-type: none"> • One player: Within a designated amount of time (1 min.) skip, holding one object at a time and try to get as many objects to the other side of the playing area as possible. Repeat and see can you collect more objects in the same amount of time. • While the challenge is underway the adult may call 'explode' meaning all players must return with the object to the starting position. | | | |
| <p>PE Journal</p> | <p>Name and record recreational activities or games that involve skipping. Draw one of these.</p> | | | |



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Home Activity B

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|---------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------|--|
| <p>Warm Up</p> | <p>Human Bop it: Pupils skip for 30 sec then on hearing bop it they complete the following sequence: Kick it: kick one foot in the air Twist it: twist bodies half way around Pull it: pull from ground as if pulling a box towards you Bop it: jump in the air</p> | | |
| <p>FMS Focus</p> | <p>Today when Skipping focus on...</p> | | |
| | <p>Bend leg to help get ready for the hop</p> |  | |
| <p>Skipping Practise</p> | <p>Freeze</p> <p>Description of Activity Pupils find a space in the playing area. Invite them to skip freely around the playing area. On a signal, or when the teacher calls 'freeze', pupils must perform a balance and hold it for a count of five. After they reach the number five, they continue skipping freely around the space. Balancing prompts may include: balance on one foot, balance on two body parts, balance on a large body part, balance on one hand and one foot etc. Pupils perform a different balance each time.</p>  <p>Variations:</p> <ul style="list-style-type: none"> • Pupils may hold the balance for 3 - 5 seconds • Pupils can place household items in the playing area, skip to an item, hold a balance on reaching the item, then move to a new household item and balance • Pupils may perform pair balances with a family member | | |
| <p>Home Challenge</p> | <p>Design a creative dance that incorporates skipping based on a theme of your choice e.g. My favourite holiday. Mark the playing area with 4 corners, begin in one corner, imagine you are in a place that you would love to visit - make a shape or action to represent the activities you do on your holidays e.g. swimming, cycling, eating ice cream. Then skip to the next corner, make a new shape/action to represent a different activity Continue until all four corners have been visited.</p> <p>Variations:</p> <ul style="list-style-type: none"> • Skip along different pathways when moving e.g. zig-zag, curved, straight • Add props and costumes • Play music and skip to the beat of the music, trying skipping to music with fast and slow beats. | | |
| <p>PE Journal</p> | <p>Design your own game using the skill of skipping. Play it with your family and share it with others.</p> | | |



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SKIPPING

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Home Activity C

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| <p>Warm Up</p> | <p>Mr. Robot: Stand still and move hands backward and forwards March on a spot without moving the arms March on the spot moving hands and feet in opposition to each other Skip on spot without hands Skip on spot with hands (how high can you go) Skip forwards (Put all the pieces together) Add music and skip to the beat of the music - try skipping to music with fast and slow beats.</p> | | |
| <p>FMS Focus</p> | <p>Today when Skipping focus on...</p> <p>Swing arms in opposition to their legs</p> <div data-bbox="687 674 887 922"> </div> | | |
| <p>Skipping Practise</p> | <p>Compass Move</p> <p>Description of Activity Set out a playing area with four corners. Allocate each corner of the playing area to be north, south, east and west. All pupils begin by finding a space in the centre of the playing area. Teacher calls out a direction and pupils skip in that direction. Explore travel directions using a range of locomotor skills, e.g. skip west, hop east, side step north and run south.</p> <div data-bbox="788 1025 1525 1424"> </div> <p>Variations:</p> <ul style="list-style-type: none"> • To help build the rhythm of skipping, hold an object in one hand. Pass from hand to hand each time you skip. Start with the opposite leg to the hand holding the object. • Begin in the centre and call North, West, East and South. Pupils skip to each point. Repeat calling a different variations on the compass point • Pupil skips to four points on the compass and their family member records the sequence they travelled. | | |
| <p>Home Challenge</p> | <p>All players skip to a box of old clothes you may wish to include fancy dress items e.g. coloured wigs/sunglasses. Put on the 1st item you touch and skip to home wearing the item. Each player must make five trips to the clothes box.</p> | | |
| <p>PE Journal</p> | <p>Guess how many skips it takes to skip around your house, garden or play area. Skip around your house/garden and record your answer.</p> | | |



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