



Description of Activity

Invite pupils to find a space in the playing area. Teacher demonstrates correct skipping technique for the class. Pupils skip freely around the space, taking care to avoid collisions. After a set period of time, invite pupils to move around the play area using a range of skipping actions based on the suggestions below:

- try to skip like a giant, a fairy, a clown, a toy soldier
- try to make yourself very small and skip around, gradually getting taller
- try to skip as tall as you can be
- try to skip forwards, sideways, backwards
- try to skip angrily, happily, sadly, tightly, loosely
- try to vary your skipping speed
- try to skip to the beat of music or a drum.



Variations

- Invite one pupil to be the leader and the remaining pupils to copy the skipping actions of the leader. After a period of time, invite another pupil to be the leader, or arrange pupils in small groups with one leader per group.

Equipment

An open playing area, a drum or music



- Encourage pupils to use a skipping action that engages the opposite knee and arm.



- Practise skipping in the yard. Investigate the different ways that you and your partner can skip together.



- áit súgartha • fathach • síóg • saighdiúir • scipeáil ar aghaidh • scipeáil ar gcúl • luas scipeála