

TEACHING POINTS FOR SKIPPING



Step forward and hop on the same foot with a high knee drive



Land on the ball of the foot



Knee of the support leg should bend to prepare for a hop



Repeat with the other foot and then build rhythm



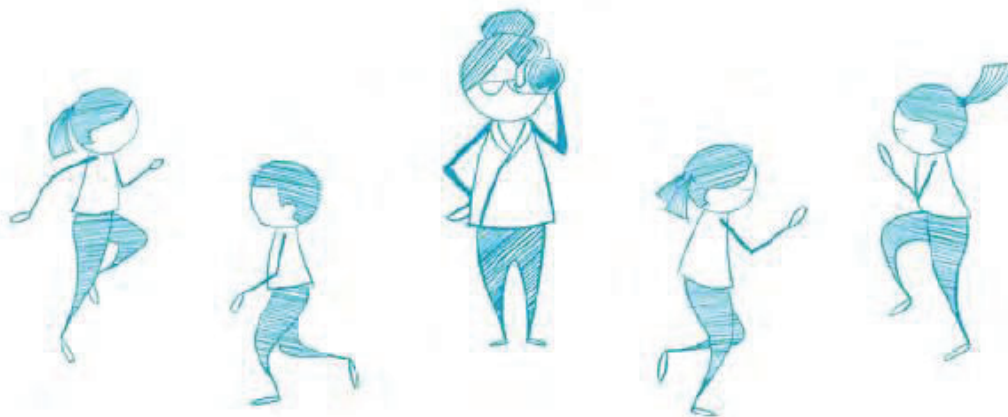
Head and trunk should be stable at all times with the eyes focused forward



Arms should be relaxed and swing in opposition to the legs to help maintain balance

EXTERNAL CUES

SKIPPING



Teaching Point	External Cue
Step forward and hop on the same foot with a high knee drive	Horse trotting in water
Land on the ball of the foot	Land on the bouncy ball
Knee of the support leg should bend to prepare for a hop	Spring from the spongy floor
Repeat with the other foot and then build rhythm	Skip to the beat of the drum
Head and trunk should be stable at all times with the eyes focused forward	Show off crest on jumper
Arms should be relaxed and swing in opposition to the legs to help maintain balance	Swing arms gently as if air is blowing through the hands.



Introducing the skill of skipping

Try to skip...	Effective questions
<ul style="list-style-type: none"> like an elephant 	<i>Does this feel right? What should we be doing instead?</i>
<ul style="list-style-type: none"> like a fly 	
<ul style="list-style-type: none"> as small as possible 	<i>How does this feel? Which body position is more comfortable?</i>
<ul style="list-style-type: none"> as tall as possible 	
<ul style="list-style-type: none"> from small to tall 	
<ul style="list-style-type: none"> forwards/backwards/sideways 	<i>Safety...watch out!</i>
<ul style="list-style-type: none"> slowly/quickly/slowing down/speeding up 	<i>How does speed effect technique?</i>
<ul style="list-style-type: none"> in a straight line/on a curved line/making a figure of 8 	
<ul style="list-style-type: none"> without your arms 	<i>What function do your arms have?</i>
<ul style="list-style-type: none"> to the beat of music 	<i>what can happen when we are concentrating on the beat of the music?</i>
<ul style="list-style-type: none"> in time with a partner 	
<ul style="list-style-type: none"> without touching any of the lines/markings on the ground 	
<ul style="list-style-type: none"> the length of the hall/playground and count how many steps it takes 	
<ul style="list-style-type: none"> using all the correct techniques outlined 	<i>Let's put it all together</i>



This teacher-led exercise encourages guided discovery and allows pupils to identify the correct technique. Effective questioning can help to guide pupils in their learning.

TEACHER OBSERVATION

Common errors and feedback

Common Errors <i>Éarráid Choitianta</i>	Feedback <i>Aiseolas</i>
Looking at the ground or feet	Head up, look forward, trunk stable
landing flat footed or on the heels of the foot	Take off and land on the front of your foot
movement is non-rhythmical	repeat step-hop, step-hop in your head as you practise
little arm movement to support legs	swing arms rhythmically in opposition to leg movement....when your knee comes forward, your arms go back

Skipping Rubric

	Exploring	Developing	Mastering
Step-hop Pattern	<ul style="list-style-type: none"> A step-hop action is evident but not consistent and often results in a step-step or hop-hop action 	<ul style="list-style-type: none"> Step-hop action is more consistent with enough force generated to allow for sustained skipping 	<ul style="list-style-type: none"> Step-hop action is smooth and coordinated
Arms	<ul style="list-style-type: none"> Arms are not coordinated, thus the skill can become unbalanced 	<ul style="list-style-type: none"> Arms are coordinated, rhythmical and aid balance 	<ul style="list-style-type: none"> Arms are used effectively to maintain balance, well coordinated with leg action
Legs	<ul style="list-style-type: none"> Skipping is uncoordinated and seems to lack rhythm 	<ul style="list-style-type: none"> Knee drive is at times not high enough and landing is flat footed 	<ul style="list-style-type: none"> Lands on toes

IDENTIFYING THE STAGES OF DEVELOPMENT

Exploring Stage

Tréimhse taisceálaíochta



At this stage, pupils enjoy exploring different ways to skip and have fun with the skipping movements such as skipping for height, distance, or with a partner.

Characteristics of skipping at the exploring stage:

- a step-hop action is evident but not consistent and often results in a step-step or hop-hop action
- arms are not coordinated, thus the skill can become unbalanced
- skipping is uncoordinated and seems to lack rhythm.

Developing stage

Tréimhse forbraíochta



At this stage, pupils practise skipping to a rhythm, to evade an opponent and skipping for a prolonged period of time. Characteristics of skipping at the developing stage:

- step-hop action is more consistent with enough force generated to allow for sustained skipping
- arms are coordinated, rhythmical and aid balance
- knee drive is at times not high enough and landing is flat footed.

Mastering stage

Tréimhse Máistrithe



At this stage, pupils can apply different rhythms and patterns to their skipping and use the skill proficiently in a range of different activities. Characteristics of skipping at the mastering stage:

- step-hop action is smooth and coordinated
- arms are used effectively to maintain balance, well coordinated with leg action
- lands on toes.