



Description of Activity

Arrange pupils in small groups with a skipping rope per group. Pupils take turns skipping, while the other group members offer feedback on the specific jumping teaching point decided upon in advance by the teacher. Pupils then attempt the following challenges.

- Turn the rope forwards over your head and jump over the rope, trying to land on the same spot that you took off from.
- Jump your rope while moving forwards.
- Turn the rope backwards over your head and try jumping over it.
- Jump the rope using different types of jumps, e.g., two feet to two feet, one foot to the other foot, two feet to one foot, etc.



Variations

- Jump the rope with a partner - using one rope together (or two tied together), completing the activities as above.

Equipment

An open playing area, skipping ropes or general ropes



- Ensure there is adequate space between groups.
- Encourage the observing pupils to keep their distance from the jumper.
- Discuss with pupils the best place to observe from and what feedback to give.
- Explore positive and constructive terms to ensure the effectiveness of feedback.



- Skipping is a great way to improve fitness. Practise at home and see how many jumps you can do without stopping.



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