



Skill Card **7**

Teach kids to Skip

Skipping is a rhythmical skill that is basic to many children's games. It is also fundamental to good footwork in numerous sports, such as basketball, netball and touch, and many forms of dance

What to look for:

- Shows a rhythmical step-hop
- Lands on ball of the foot
- Knee of support leg bends to prepare for hop
- Head and trunk stable, eyes focused forward
- Arms relaxed and swing in opposition to legs





GAMES CARD

7

Fun Skipping Games

Skipping Challenge Course (♣) – eg. Skip to the clothesline, skip to the back fence, skip to the BBQ, skip to the back shed etc.

Skip Dance (♣♣♠) – Put on some steady beat music and make up a dance, eg. Start on your right foot and skip 3 steps forward, 3 steps back. Start on your left foot and skip 3 steps forward, 3 steps back. Skip clockwise around the edge of an imaginary circle, then skip anti-clockwise. Skip around an imaginary square etc.

Short Rope Skipping (♣♣♠)

TIPS:

- To choose the right length of rope, stand on the middle of the rope and lift the ends upwards. The ends should reach your armpits or a little higher.
- Turn the rope by making small circles with the wrists, not by lifting your arms
- It's easiest to start with a two foot jump until you get the arm action and timing, then you can try a skipping step (step-hop).

Long Rope Skipping (♣♣♣) – In an open space get 2 kids to turn a long rope while 1 or more other kids jump in and skip, while singing 'jelly on a plate, wobble, wobble, wobble, wobble, jelly on a plate', then running out clear of the rope.

KEY: ♣ = can be played by one person, ♣♣ = needs more than 1 player, ♣♣♣ = some equipment needed, • = organisation required, ♠ = can be played inside

Q4: Family Activation Pack



Health
Central Coast
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