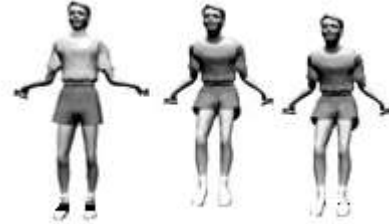


SKIPPING with SKIPPING ROPE

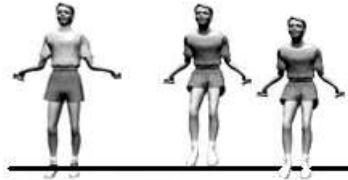
Need: Good co-ordination of arm and leg; jumping skills and endurance.

PREPARATION: Before a mirror if possible.

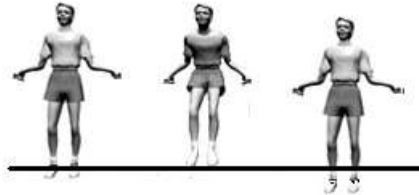
1. Running jump forwards – no rope
2. Jump on the spot – no rope



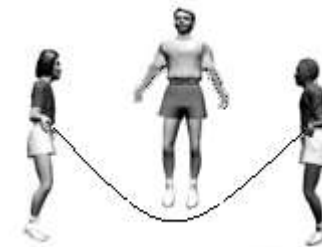
3. Jump over a rope lying on the floor.



4. Jump over a rope held 2 inches off the ground.



5. Jumping over a swinging rope (rope swinging back and forth.)

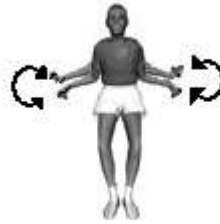


6. Skip, running with a hula-hoop, i.e. skip over the hoop, turning it as a rope. It may be necessary to show the child how to turn the hoop in his/hers hands. The overhand grasp should be used.



7. Skip with hula-hoop with feet together.

8. Demonstrate the arm movements to the child, who copies them without a rope. (Bent elbows. Small light movements of the wrists, the same for both arms.)



9. Have the child practice swinging the rope over his/hers head and letting the rope lie on the ground in front of the feet before he/she jumps.

10. Running and skipping



11. Skipping on the spot with a running step.



12. Skipping on the spot with two feet together. (It may help to introduce the rhythm of skipping – big jump as rope passes under - little jump marking time.)

