




Spar Lancashire School Games PB Sports Day

Sports Day Activity 14: Skipping

ACTIVITY/SKILL	OVERVIEW	
<p style="text-align: center;">SKIPPING</p> <p style="text-align: center;">Video Demonstration</p>	<p style="text-align: center;">TOP VIEW</p>  <p style="text-align: center;">SIDE VIEW</p>  <p style="text-align: center;">Parent or Helper</p> 	<div style="border: 2px solid red; padding: 5px; margin-bottom: 10px;"> <p>Equipment:</p> <ul style="list-style-type: none"> • Skipping rope • Stopwatch or phone with stopwatch. </div> <div style="border: 2px solid blue; padding: 5px; margin-bottom: 10px;"> <p>Tips to improve:</p> <ol style="list-style-type: none"> 1. Grasp each end of the skipping rope and step through so it starts off behind you. Both arms kept straight and working simultaneously by rotating arms at your shoulders, swing the rope over your head from back to front and towards your feet. 2. As the rope passes in front of you and towards your feet, time it so you 2 footed jump and the rope should strike the floor and pass underneath. 3. The rope travels under you, behind you and then back over and towards your feet, then jump again. Keep repeating. 4. Skipping is all about co-ordination and timing. </div> <div style="border: 2px solid green; padding: 5px;"> <p>Set up and Take Part:</p> <ol style="list-style-type: none"> 1. Find a suitable, safe space with their skipping rope, where it will travel safely over the players body. 2. The parent/helper shouts 'go', you have 30 seconds to do as many skips as possible. The higher the number of skips the better. 3. After the first attempt, have another go and try to beat your first score. What is the best score you can achieve? Can you parents, carers or siblings beat your score? </div>