Help Guides

Elliston Primary Academy

Gold Skipping Skills

Progress Chart

Name:

Skill	How many can you do without stopping?							Date achieved	Observed by
	Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7		
Irish Fling									
Up & Down (Pretzel)									
Up & Under Cross									
Double Under									
Can Can									
Side Swing Cross									
360 Turn									