# Help Guides

## Elliston Primary Academy

## Silver 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 | | |
| Heel to Heel | | | | | | | | | |
| Toe to Toe | | | | | | | | | |
| Heel-Toe | | | | | | | | | |
| Criss Cross | | | | | | | | | |
| Twister | | | | | | | | | |
| Jogging Step | | | | | | | | | |
| Wounded Duck | | | | | | | | | |
| Swing | | | | | | | | | |
| 180 Degree Turn | | | | | | | | | |
| Full Turn | | | | | | | | | |