

## Skipping

**End of Unit Goal - Children will develop a set of skills within skipping (single bounce, double bounce, side straddle, hop and swap and side swing). Children will be able to run into and jump a longer rope moved by adults (keep the pot boiling and run jump our).**

*Please see Skipping school videos tutorials to support with each skills*

Date	Objective	Outcome	Session	Resources	Key Vocabulary
1	Assessment - Cold Task	I can single bounce with a skipping rope.	<p>Demonstrate the skipping skills for the children that were included in the skipping taster session and children to attempt them. Note which children can already achieve these skills.</p> <p><b>Warm up-</b> Warm up using jumping games and children moving around the hall jumping like rabbits, frogs and kangeroos.  <a href="https://www.youtube.com/watch?v=u-A3nCIvUGs">https://www.youtube.com/watch?v=u-A3nCIvUGs</a></p> <p><b>Teach-</b>Recap the skills discuss during the taster skipping session. Begin looking at the single bounce. Explain children should be listening for the click of the skipping rope on the floor to signal them to jump. Support children in how they should be jumping (two feet together without pulling the ankles upwards.)</p> <p><b>Apply-</b>Children to practise this skill</p> <p><b>Cool Down-</b> Slow jump start jonny. Share things we need to think about next time when we use our skipping ropes.</p>	<ul style="list-style-type: none"> <li>• Skipping ropes</li> </ul>	<ul style="list-style-type: none"> <li>• Rope</li> <li>• Swing</li> <li>• Jump</li> <li>• Together</li> <li>• Ankles</li> <li>• Knees</li> <li>• Tall</li> <li>• Flick</li> <li>• double</li> </ul>
2	I can double	Children will be able	<p><b>Warm up-</b> Warm up using jumping games and children moving around the hall jumping like rabbits, frogs and kangeroos.</p>	<ul style="list-style-type: none"> <li>• Skipping ropes</li> </ul>	<ul style="list-style-type: none"> <li>• Rope</li> <li>• Swing</li> </ul>

	bounce with a skipping rope.	to double bounce with a skipping rope.	<p><a href="https://www.youtube.com/watch?v=u-A3nCIvUGs">https://www.youtube.com/watch?v=u-A3nCIvUGs</a></p> <p><b>Teach</b>-Recap the skills discuss during the taster skipping session. Begin looking at the double bounce. Explain children should be listening for the click of the skipping rope on the floor to signal them to jump. Support children in how they should be jumping (two feet together without pulling the ankles upwards.) Children to double bounce before the rope swings back around.</p> <p><b>Apply</b>-Children to practise this skill.</p> <p><b>Cool Down</b>- Slow jump start jonny. Share things we need to think about next time when we use our skipping ropes.</p>		<ul style="list-style-type: none"> <li>• Jump</li> <li>• Together</li> <li>• Ankles</li> <li>• Knees</li> <li>• Tall</li> <li>• Flick</li> <li>• double</li> </ul>
3	I can hop and swap with a skipping rope.	Children will be able to hop and swap with a skipping rope.	<p><b>Warm up</b>- Warm up using jumping games and children moving around the hall jumping like rabbits, frogs and kangeroos. <a href="https://www.youtube.com/watch?v=u-A3nCIvUGs">https://www.youtube.com/watch?v=u-A3nCIvUGs</a></p> <p><b>Teach</b>-Recap the skills discuss during the taster skipping session. Begin looking at the hop and swap. Explain children should be listening for the click of the skipping rope on the floor to signal them to jump. Support children in how they should be jumping (two feet together without pulling the ankles upwards.) Children hop on one leg with a couple bounce, swing their leg over and swap to it.</p> <p><b>Apply</b>-Children to practise this skill.</p> <p><b>Cool Down</b>- Slow jump start jonny. Share things we need to think about next time when we use our skipping ropes.</p>	<ul style="list-style-type: none"> <li>• Skipping ropes</li> </ul>	<ul style="list-style-type: none"> <li>• Rope</li> <li>• Swing</li> <li>• Jump</li> <li>• Together</li> <li>• Ankles</li> <li>• Knees</li> <li>• Tall</li> <li>• Flick</li> <li>• Hop and swap</li> </ul>
4	I can side straddle with a skipping	Children will be able to side straddle	<p><b>Warm up</b>- Warm up using jumping games and children moving around the hall jumping like rabbits, frogs and kangeroos. <a href="https://www.youtube.com/watch?v=u-A3nCIvUGs">https://www.youtube.com/watch?v=u-A3nCIvUGs</a></p>	<ul style="list-style-type: none"> <li>• Skipping ropes</li> </ul>	<ul style="list-style-type: none"> <li>• Rope</li> <li>• Swing</li> <li>• Jump</li> <li>• Together</li> </ul>

	rope.	with a skipping rope.	<p><b>Teach</b>-Recap the skills discuss during the taster skipping session. Begin looking at the side straddle. Explain children should be listening for the click of the skipping rope on the floor to signal them to jump. Support children in how they should be jumping (two feet together without pulling the ankles upwards.) Children need ot jump with their feet together in the middle then their next jump is to the side as a straddle.</p> <p><b>Apply</b>-Children to practise this skill.</p> <p><b>Cool Down</b>- Slow jump start jonny. Share things we need to think about next time when we use our skipping ropes.</p>		<ul style="list-style-type: none"> <li>• Ankles</li> <li>• Knees</li> <li>• Tall</li> <li>• Flick</li> <li>• double</li> </ul>
5	I can side swing with a skipping rope.	Children will be able to double bounce with a skipping rope.	<p><b>Warm up</b>- Warm up using jumping games and children moving around the hall jumping like rabbits, frogs and kangeroos. <a href="https://www.youtube.com/watch?v=u-A3nCIvUGs">https://www.youtube.com/watch?v=u-A3nCIvUGs</a></p> <p><b>Teach</b>-Recap the skills discuss during the taster skipping session. Begin looking at the side swing. Explain children should be listening for the click of the skipping rope on the floor to signal them to jump. Support children in how they should be jumping (two feet together without pulling the ankles upwards.) Children get used to swinging the rope from side to side and opening the rope without jumping first. Then as children become more confident they can start to open the rope and jump. Speed this up as they gain more confidence.</p> <p><b>Apply</b>-Children to practise this skill.</p> <p><b>Cool Down</b>- Slow jump start jonny. Share things we need to think about next time when we use our skipping ropes.</p>	<ul style="list-style-type: none"> <li>• Skipping ropes</li> </ul>	<ul style="list-style-type: none"> <li>• Rope</li> <li>• Swing</li> <li>• Jump</li> <li>• Together</li> <li>• Ankles</li> <li>• Knees</li> <li>• Tall</li> <li>• Flick</li> <li>• Side swing</li> </ul>

