



PE Medium Term Plan- Summer 1 Term 2024/2025



Skipping

End of Unit Goal - Children will continue 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). Children will gain confidence with new skills and have the opportunity to participate in a skipping competition with other local schools.

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, double bounce and hop and swap with a skipping rope.	<p>Children will be split into groups of children who are more confident with skills and less confident so support can be given accordingly.</p> <p>Warm up- Warm up using jumping games and children moving around the hall jumping like rabbits, frogs and kangeroos. https://www.youtube.com/watch?v=u-A3nCIvUGs</p> <p>Teach-Recap the skills single bounce, double bounce and hop and swap. Children to work on these different skills and T to support the children who struggle with a particular one. Chn to recap the skills using the big rope as well.</p> <p>Apply-Children to practise this skill</p> <p>Cool Down- Slow jump start jonny. Share things we need to think about next time when we use our</p>	<ul style="list-style-type: none"> • Skipping ropes 	<ul style="list-style-type: none"> • Rope • Swing • Jump • Together • Ankles • Knees • Tall • Flick • Double • Single • Hope and swasp

			skipping ropes.		
2	I can side straddle and side swing with a skipping rope.	Children will be able to double bounce with a skipping rope.	<p>Warm up- Warm up using jumping games and children moving around the hall jumping like rabbits, frogs and kangeroos. https://www.youtube.com/watch?v=u-A3nCIvUGs</p> <p>Teach-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 complete side straddle and side swing skills.</p> <p>Apply-Children to practise the skills.</p> <p>Cool Down- 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"> • Skipping ropes 	<ul style="list-style-type: none"> • Rope • Swing • Jump • Together • Ankles • Knees • Tall • Flick • Double • Side swing • Side straddle
3	I can skip with the big skipping rope. (keep the pot boiling)	Children will be able to hop and swap with a skipping rope.	<p>Warm up- Warm up using jumping games and children moving around the hall jumping like rabbits, frogs and kangeroos. https://www.youtube.com/watch?v=u-A3nCIvUGs</p> <p>Teach-Recap the skills discuss during the taster skipping session. Begin looking at the hop and swap. Explain children should be listening</p>	<ul style="list-style-type: none"> • Skipping ropes 	<ul style="list-style-type: none"> • Rope • Swing • Jump • Together • Ankles • Knees

			<p>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>Apply-Children to practise this skill.</p> <p>Cool Down- 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"> • Tall • Flick • Hop and swap
4	I can skip with the big skipping rope (run in jump out).	Children will be able to side straddle with a skipping rope.	<p>Warm up- Warm up using jumping games and children moving around the hall jumping like rabbits, frogs and kangeroos. https://www.youtube.com/watch?v=u-A3nCIvUGs</p> <p>Teach-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>Apply-Children to practise this skill.</p> <p>Cool Down- 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"> • Skipping ropes 	<ul style="list-style-type: none"> • Rope • Swing • Jump • Together • Ankles • Knees • Tall • Flick • double
5	I can skip confidently	Children will be able to double bounce with a skipping rope.	<p>Warm up- Warm up using jumping games and children moving around the hall jumping like rabbits, frogs and kangeroos. https://www.youtube.com/watch?v=u-A3nCIvUGs</p> <p>Teach-Recap all taught skills and chidren can showcase them.</p> <p>Apply-Children to practise skills.</p>	<ul style="list-style-type: none"> • Skipping ropes 	<ul style="list-style-type: none"> • Rope • Swing • Jump • Together • Ankles • Knees • Tall

			<p>Cool Down- 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"> • Flick • Side swing
6	<p>Skipping competition for some children within the year group other children complete their own skipping competition in school.</p>				