

Skipping Year 1

End of Unit Goal - Children will develop a set of skills within skipping (single bounce, double bounce, side straddle) Children will be able to run into and jump a longer rope moved by adults (and run jump out).

Please see Skipping school videos tutorials to support with each skills

Date	Objective	Outcome	Session	Resources	Key Vocabulary
1	<p style="background-color: #FFD700; padding: 2px;">Assessment - Cold Task</p> <p>I can single bounce with a skipping rope.</p>		<p style="background-color: #FFD700; padding: 2px;">Demonstrate the skipping skills for the children. Note which children can already achieve these skills.</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 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>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
2	I can single bounce with a	Children will be able to single bounce with	<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>	<ul style="list-style-type: none"> • Skipping ropes 	<ul style="list-style-type: none"> • Rope • Swing • Jump • Together

	skipping rope.	a skipping rope.	<p><u>Teach</u>-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><u>Apply</u>-Children to practise this skill</p> <p><u>Cool Down</u>- 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"> • Ankles • Knees • Tall • Flick • double
3	I can double bounce with a skipping rope.	Children will be able to double bounce with a skipping rope.	<p><u>Warm up</u>- 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><u>Teach</u>-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><u>Apply</u>-Children to practise this skill.</p> <p><u>Cool Down</u>- 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
4	I can double bounce with a skipping rope.	Children will be able to double bounce with a skipping rope.	<p><u>Warm up</u>- 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><u>Teach</u>-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.</p>	<ul style="list-style-type: none"> • Skipping ropes 	<ul style="list-style-type: none"> • Rope • Swing • Jump • Together • Ankles • Knees • Tall

			<p>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>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"> • Flick • double
5	I can side straddle with a skipping rope.	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
6	I can side straddle with a skipping rope.	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</p>	<ul style="list-style-type: none"> • Skipping ropes 	<ul style="list-style-type: none"> • Rope • Swing • Jump • Together • Ankles • Knees • Tall • Flick

		<p>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><u>Apply</u>-Children to practise this skill.</p> <p><u>Cool Down</u>- 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">• double
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