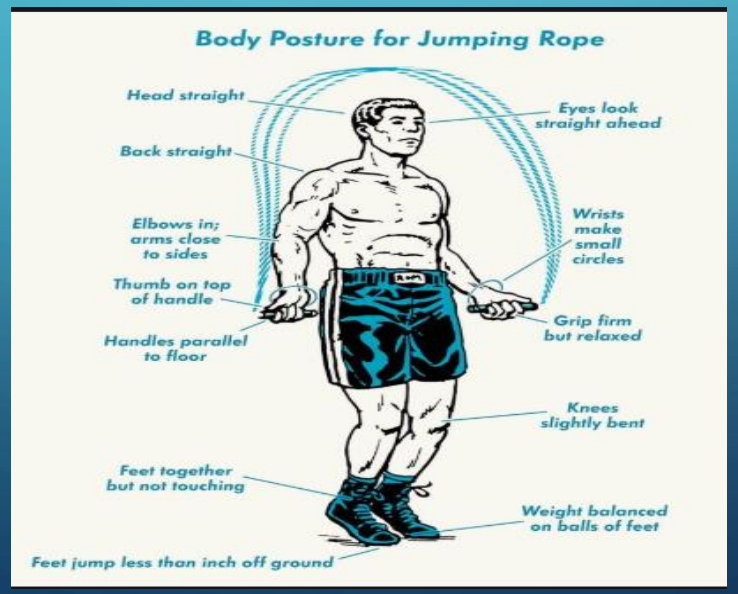
SENIOR PE WEEK 6 SKIPPING ALONG!

Ok Grade 3 – 6s, I have some challenges for you this week!

There's no secret why skipping is the choice of cardio for many professional athletes including boxers, AFL players and netballers. It's one of the quickest ways to get your heart pumping and your lungs screaming for air….it's hard and it's rewarding!

Want some inspiration, check this out!

https://www.youtube.com/watch?v=ofOJoK-eEWo



CHALLENGE 1 – BEGINNERS

START WITH A ROPE…DON'T HAVE ONE? DON'T WORRY! WHAT DO YOU HAVE THAT MIGHT WORK? DO YOU HAVE BAILING TWINE THAT YOU CAN PLAIT TOGETHER? SOME ROPE IN THE SHED THAT YOU MAY BE ABLE TO ASK TO USE? A SOFT DOG LEAD THAT YOU COULD MAKE WORK? I CAN'T WAIT TO SEE SOME CREATIVE SOLUTIONS!

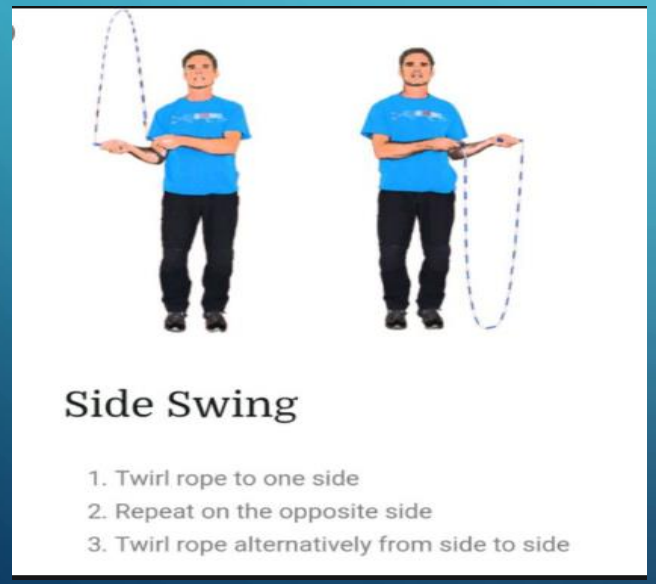
STEP 1 –STAND NICE AND STRAIGHT LIKE THE PICTURE ABOVE. TRY AND KEEP YOU ELBOWS CLOSE TO YOUR BODY AND ONLY USE YOUR WRISTS AND FOREARMS TO SPIN THE HOOP OVER YOUR HEAD.
STEP 2 – ONCE IT LANDS ON THE FLOOR IN FRONT OF YOU, STEP OVER THE ROPE.
STEP 3 – REPEAT THE PROCESS, NICE AND SLOWLY AT FIRST, UNTIL IT BECOMES EASY.

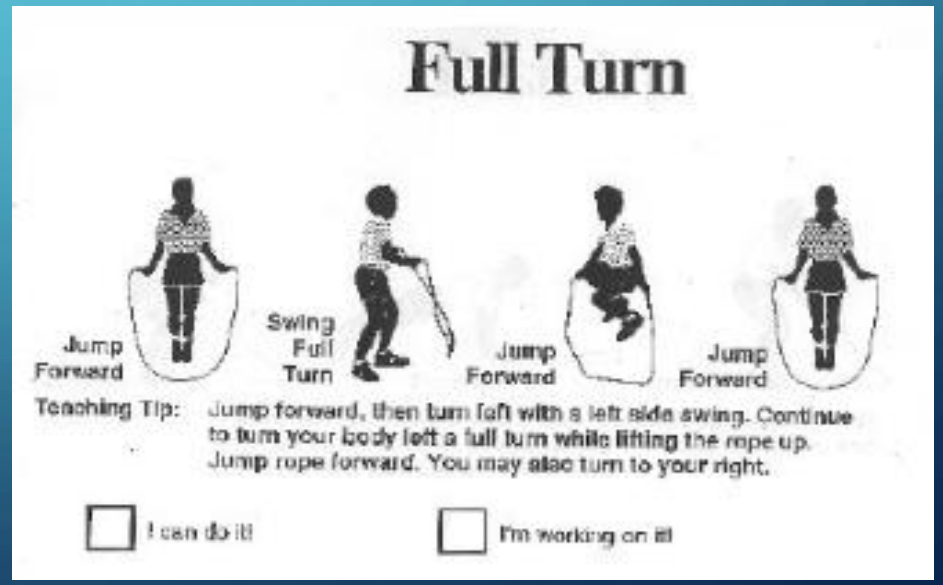
MAKE IT HARDER –
CAN YOU DO IT SWINGING THE ROPE FORWARDS AND BACKWARDS?
CAN YOU WALK AND THEN JOG AROUND THE YARD WHILE JUMPING?

CAN YOU GO FASTER AND KEEP THE ROPE SPINNING NICE AND HIGH AND SMOOTHLY?

CHALLENGE 2 – INTERMEDIATE

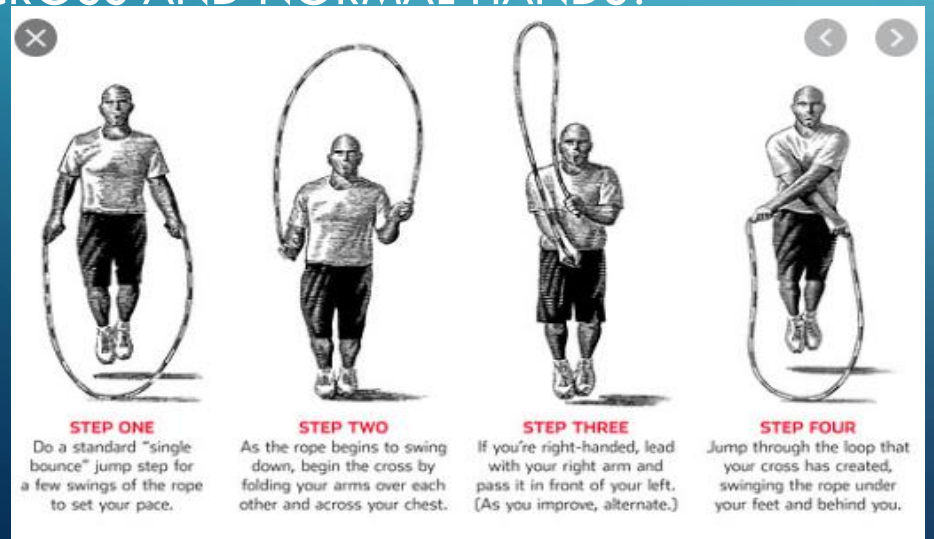
STEP 1 – CAN YOU MAKE 100 SKIPS, WITH YOUR FEET TOGETHER BOUNCING, WITHOUT STOPPING? START AT 20 AND BUILD YOUR WAY UP!
STEP 2 – CAN YOU MASTER THE SIDE SWING?
STEP 3 – CAN YOU DO A FULL TURN WHILE CONTINUOUSLY SKIPPING?
STEP 4 – CAN YOU BOUNCE ON THE SPOT WHILE SPINNING THE ROPE BACKWARDS? CAN YOU CHANGE BETWEEN FORWARDS AND BACKWARDS?





CHALLENGE 3 – MASTERS

STEP 1 –
CAN YOU COMPLETE A DOUBLE UNDER?
CAN YOU DO MORE THAN ONE IN A ROW OR MAKE A PATTERN OF, SAY, 5 NORMAL SKIPS, 1 DOUBLE UNDER, 5 NORMAL SKIPS…?
STEP 3-
CAN YOU DO CRISS CROSS? ONE HANDY HINT IS TO MAKE SURE YOUR ARMS ARE NICE AND STRAIGHT AND THAT YOUR ELBOWS ARE CROSSING SO YOU MAKE THE BIGGEST LOOP IN THE ROPE TO JUMP THROUGH. START BY JUMPING NORMALLY AND ATTEMPTING ONE CRISS CROSS JUMP SUCCESSFULLY AND BUILD YOUR WAY UP TO CHANGING FROM NORMAL ARMS TO CRISS CROSS ARMS WITHOUT STOPPING.
CAN YOU DO BACKWARDS CRISS CROSS?
CAN YOU MAKE IT FASTER! CAN YOU MAKE 50 IN A ROW ALTERNATING BETWEEN CRISS CROSS AND NORMAL HANDS?



STILL TOO EASY? I WILL GIVE 1 MILLION BONUS POINTS FOR ANYONE WHO MASTERS THESE. WHO KNEW YOU COULD MAKE BURPEES HARDER!