

P-2 PE WEEK 6

SKIPPING ALONG!

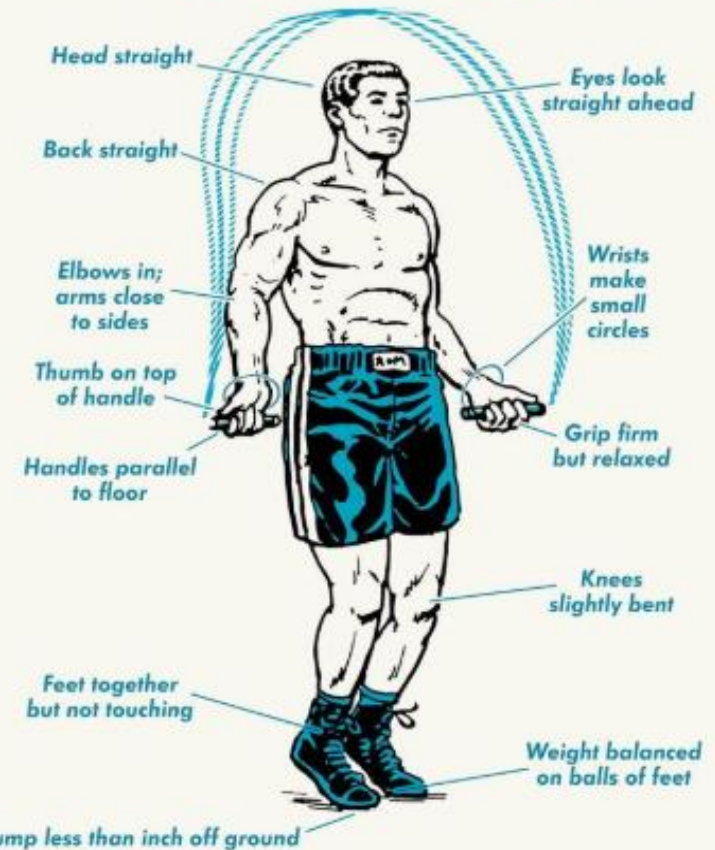
JUMP



CUES:

- Stand with feet shoulder width apart
- Keep hands on sides
- Bend knees slightly
- Explode up with legs
- Bend knees when landing

Body Posture for Jumping Rope



FOR OUR LAST WEEK OF AT HOME LEARNING, WE HAVE SOME SKIPPING CHALLENGES SET FOR OUR JUNIOR STUDENTS.

- Skipping is a fantastic exercise for cardio fitness as well as hand eye coordination and body awareness. It's also loads of fun once the basics are mastered. Becoming confident with a skipping rope opens up many opportunities for individual and group skipping games and challenges when we are back in the school yard too!
- If your child is new to the rope, I would recommend watching this quick video to help you know the best way to support your child learn the basic steps to get started.

<https://www.youtube.com/watch?v=mWoouAOeIE8>

CHALLENGE 1 – BEGINNERS

START WITH A ROPE OR A HOOP. A HOOP GIVES MORE STRUCTURE AND IS EASIER FOR JUNIORS TO MASTER WHERE AVAILABLE. A LENGTH OF STIFF TYPE GARDEN HOSE WITH HOSE CONNECTORS CAN MAKE AN EXCELLENT HOOP AND CAN BE MADE TO MEASURE. JUST ENSURE IT'S LARGE ENOUGH FOR THEM TO HOP THROUGH WITHOUT TOO MUCH BENDING AND NOT TOO BIG TO CONTROL.

STEP 1 -ASK/SHOW YOUR CHILD HOW TO USE THEIR WRISTS AND FOREARMS TO SPIN THE HOOP OVER THEIR HEAD.

STEP 2 – ONCE IT LANDS ON THE FLOOR IN FRONT OF THEM, THEN GET THEM TO STEP OVER.

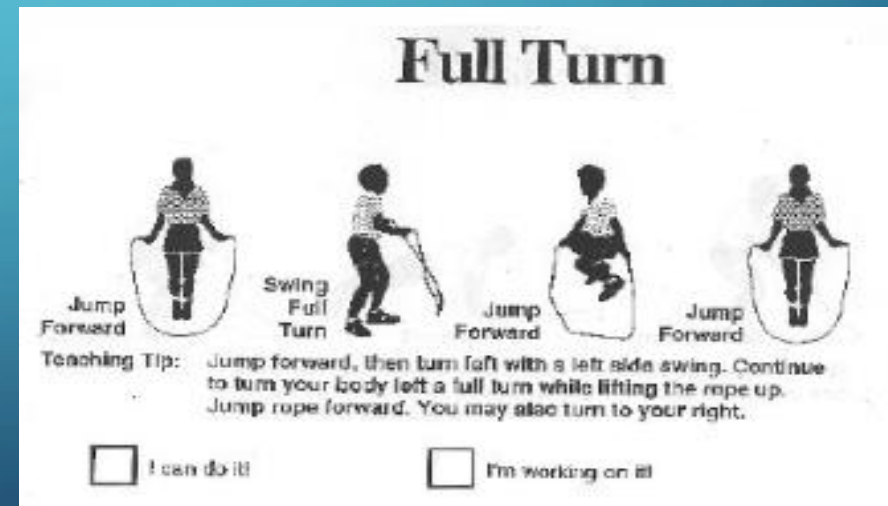
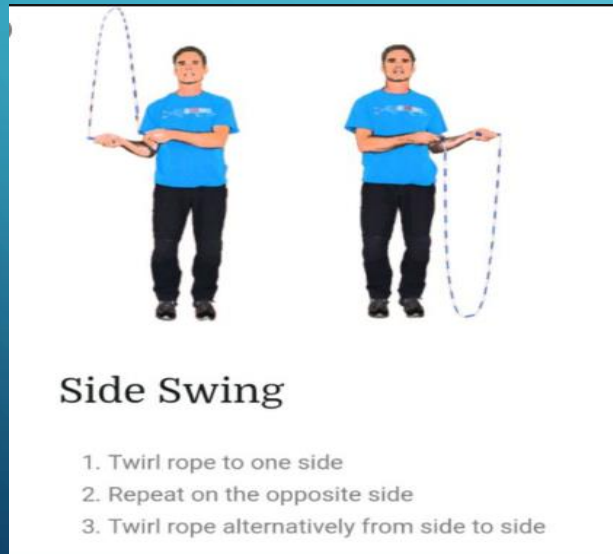
STEP 3 – REPEAT THE PROCESS UNTIL IT BECOMES EASY. THIS CAN BE VERY TRICKY FOR SOME 5 YEAR OLDS AND THAT'S OK, PRACTISE MAKES PERFECT! MAKE IT HARDER – INCREASE THE DIFFICULTY BY SWINGING THE ROPE/HOOP FORWARDS OR BACKWARDS, BY MOVING AROUND THE YARD WHILE JUMPING AND BY INCREASING THE SPEED.

CHALLENGE 2 – INTERMEDIATE

STEP 1 – CAN YOU MAKE 100 SKIPS WITHOUT STOPPING? START AT 20 AND BUILD YOUR WAY UP!

STEP 2 – CAN YOU MASTER THE SIDE SWING?

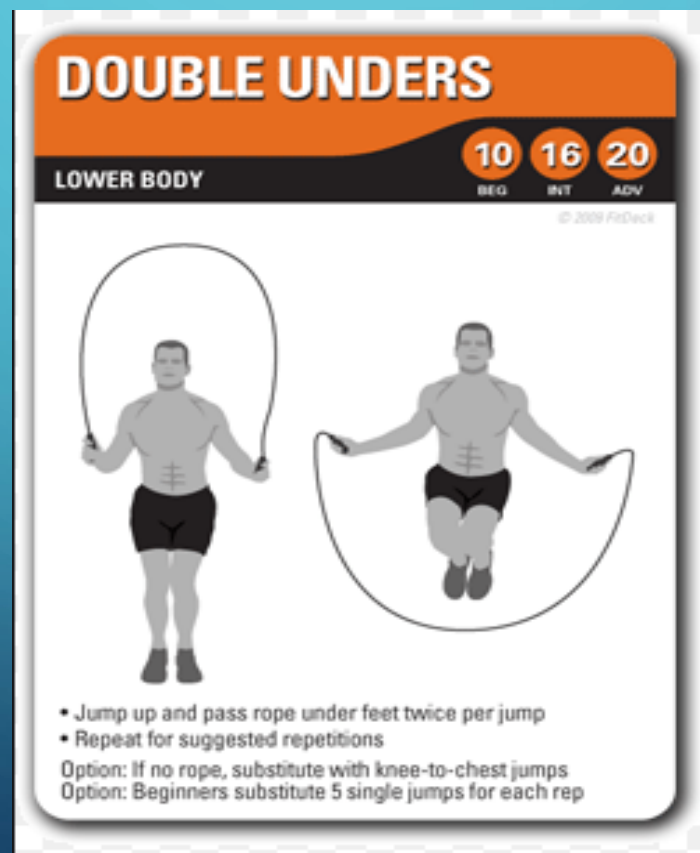
STEP 3 – CAN YOU DO A FULL TURN WHILE CONTINUOUSLY SKIPPING?





CHALLENGE 3 – MASTERS

STEP 1 - CAN YOU COMPLETE A DOUBLE UNDER?

STEP 2 – CAN YOU DO MORE THAN ONE IN A ROW OR MAKE A PATTERN OF, SAY, 5 NORMAL SKIPS, 1 DOUBLE UNDER, 5 NORMAL SKIPS...?



FOR EXTRA FUN – CUT OUT THE FLASH CARDS BELOW AND DRAW AN ACTIVITY OUT RANDOMLY. YOU CAN CHOOSE TO LEAVE OUT THE CARDS THAT MAY BE TOO DIFFICULT FOR YOUR CHILD AT THIS STAGE TO ENSURE THEY ARE ABLE TO MASTER EACH CHALLENGE THEY SELECT.

 Bunny Hops Hop over the rope on one foot	 Flashback Swing the rope in the other direction, jumping backward
 Run It Run or jog forward over the rope	 Firecrackers Jump as fast as you can
 Jump Rope Jacks Jump with feet together then feet apart	 Twister Twist body to one side and then the other when jumping
 Ski Jumper Spread the rope on the floor and jump side to side over it	 Crisscross Criss cross legs on every other jump
 Donut Jumps Make the rope into a circle on the ground, jump into the circle then out	 Crossovers Cross arms on every other jump