



Spar Lancashire School Games

Learn!

Skill 9: Skipping

Equipment: Any same coloured items that can represent right foot and left foot

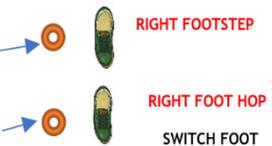
Aim: To develop your skipping skills.

Task 1: Complete the below activity seeing if you can understand the skipping skill and see how many skips it takes to get across your space.

Task 2: Complete it again but without the coloured markers.

Video Demonstration

Practice makes perfect - play the following game with a parent, carer or sibling

Skill/Skills	Activities	How to Play
Skipping	<p>Skipping Practice</p>  <p>FEET TOGETHER</p> <p>Visual Learners - Use same coloured household items or toys that represent right foot (orange) and left foot (blue). Place a comfortable distance apart & to the side, leaving room to skip. Keep repeating.</p>  <p>RIGHT FOOTSTEP</p> <p>RIGHT FOOT HOP</p> <p>SWITCH FOOT</p>  <p>LEFT FOOTSTEP</p> <p>LEFT FOOT HOP</p>	<ol style="list-style-type: none"> Find some same coloured toys, clothing or household items. Separate the coloured items and place them in pairs, a child's stride apart, one in front of the other. Create a lane, one colour on the right (right foot) and other colour on the left (left foot). Participants will skip down the middle of this narrow lane, placing their foot next to the items as they travel down. Remove the lane objects once participants understand the skill and don't need them. MOTION: STEP then HOP, SWITCH FOOT, STEP then HOP, SWITCH FOOT, STEP then HOP.....



Points to help improve skipping

Start off with some marching - knees up, and utilising arms (raise right hand when left foot forward, raise left hand when right foot forward)

Use small movements first, then build it up as you get more confident.

Bigger strides and hopping further makes you quicker.

Repetition - keep practicing

Now you have practiced this skill why not try out our Challenge!

Click here to be taken to the [Challenge Resource Card](#):

Spar Lancashire School Games

Year 1 & 2 Challenge!

Linked to Learn! 9 - Skipping

You have been busy practicing your skipping. Are you ready to take part in our challenge?

Scorpion Skip

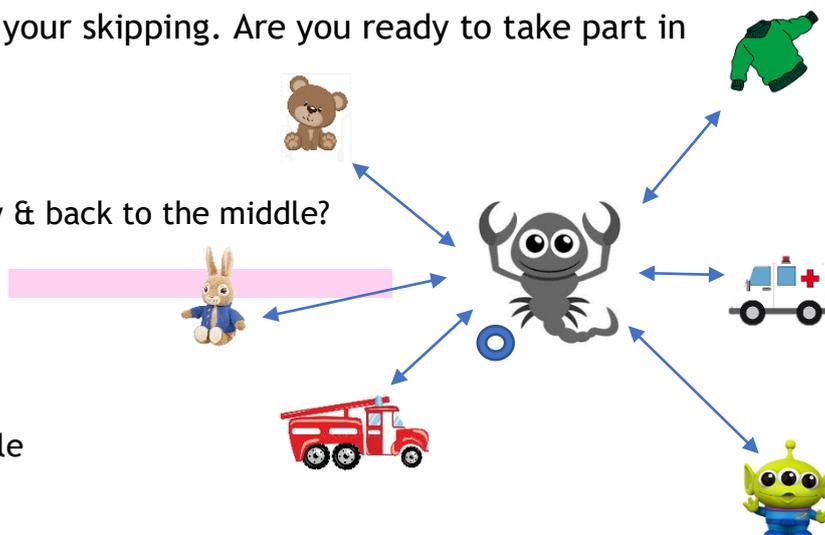
How fast can you skip to each toy & back to the middle?

You will need:

Stopwatch or mobile phone

6 toys

Any item that can mark the middle of your course



How to:

- Set your marker down in the middle of your space.
- Spread your toys at various points out in your space.
- Starting from the middle marker, and a helper timing you, start the clock, players skip to the first toy and touch it, then skip back to the middle.
- Then skip to another toy, touch it and skip back to the middle.
- Keep repeating until you have touched all the toys, remember to always travel back to middle before going to the next toy. Stop the clock when you get back to the middle for the final time.
- Make a note of your time, then try to beat it and compete against friends and family.

Video Demonstration