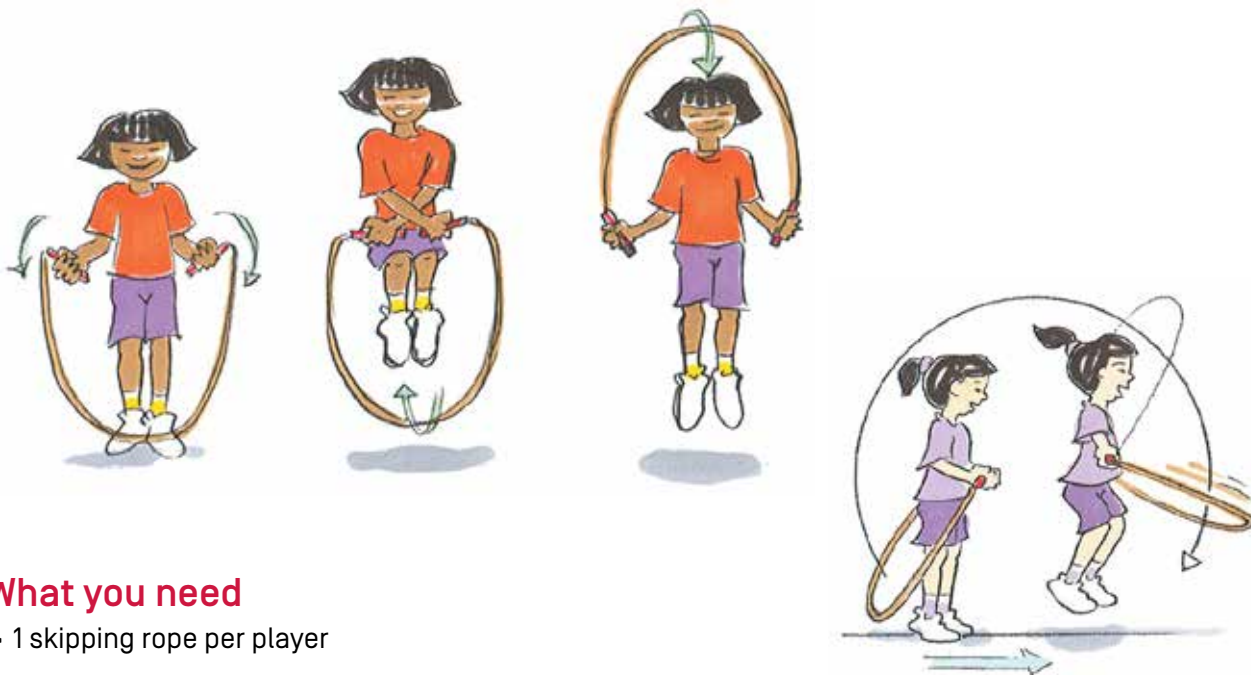




Skip to my lou

Players challenge themselves to skip within a time limit.



What you need

- > 1 skipping rope per player

What to do

- > On your signal, players skip for 1 minute, doing a single two-footed jump.
- > Each time, players should be aiming to beat their last score.

Safety

- > Make sure players are a safe distance apart (allow 3 metres minimum).
- > Make sure players hold the ends of the rope and that they have their elbows bent and close to their body.
- > Have players jump on the balls of the feet, with their feet together and knees slightly bent.

Change it

- > Jump on 1 leg instead of 2, jump rope while running, jump in time to music, criss cross the feet while jumping or criss cross the rope in front of the body before jumping over it.
- > **Partner up** – have participants pair up, with 1 player turning the rope while they both jump it.



LEARNING INTENTION

Skip to my lou is an introductory skipping game that also helps players learn the correct jumping and landing technique. It can be followed by a more difficult skipping activity or other springing and landing exercises.

PHYSICAL LITERACY ELEMENTS

MOVING WITH EQUIPMENT
MOVEMENT SKILLS

MUSCULAR ENDURANCE
CARDIOVASCULAR ENDURANCE

PERCEPTUAL AWARENESS

AC:HPE CONTENT DESCRIPTIONS

ACPMPO08
ACPMPO25