GetActive@Home

Episode 1 - Skipping

Stage 2

Challenges

With/without a skipping rope, attempt the following jumping combinations.

- Slalom skier - feet together and jump from side to side.
- Scissor - jump with one foot forward and one foot back, then alternate each jump.
- Square - jump with feet together forward, to the side, back, then to the side again to finish at the starting point.
- Pony - jump from side to side and make a quick one, two, three step each time.
- Flick kick - kick one leg out in front and alternate for each jump.

Mega Challenges

- Set the body in either a low or high plank position. Keeping the elbows (low plank) or hands (high plank) underneath the chest and the body straight.
- Try raising an arm or leg and holding the position.
- Alternate between the low and high plank position.



Other variations

With a partner try:

- create jumping combinations with a partner
- go slower or faster make it easier or harder.

Suggested PDHPE Outcomes

These activities may address the outcomes listed as part of a whole school PDHPE scope and sequence.

PD2-4 performs and refines movement skills in a variety of sequences and situations.

PD2-11 combines movement skills and concepts to effectively create and perform movement sequences.

Sample questions

How can you combine foot movement and twirling the rope to master a new skipping combination?

How can you use your eyes to create balanced movement?

Teaching cues

Tuck elbows in.
Rotate the wrists.
Bounce feet.
Eyes ahead.

Equipment

Skipping rope or similar.

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Episode 1 - Skipping

Stage 3

With/without a skipping rope, attempt the following jumping combinations.

- Slalom skier - feet together and jump from side to side.
- Scissor - jump with one foot forward and one foot back, then alternate each jump.
- Square - jump with feet together forward, to the side, back, then to the side again to finish at the starting point.
- Pony - jump from side to side and make a quick one, two, three step each time.
- Flick kick - kick one leg out in front and alternate for each jump.

Mega Challenges

- Set the body in either a low or high plank position. Keeping the elbows (low plank) or hands (high plank) underneath the chest and the body straight.
- Try raising an arm or leg and holding the position.
- Alternate between the low and high plank position.



Other variations

With a partner try:

- create jumping combinations with a partner
- go slower or faster make it easier or harder.

Suggested PDHPE Outcomes

These activities may address the outcomes listed as part of a whole school PDHPE scope and sequence.

PD3-4 adapts movement skills in a variety of physical activity contexts.

PD3-11 selects, manipulates and modifies movement and concepts to effectively create and perform movement sequences.

Sample questions

How can you move your feet to create different skipping combinations?

How can you combine foot and rope control to skip quickly?

Teaching cues

Tuck elbows in.
Rotate the wrists.
Bounce feet.
Eyes ahead.

Equipment

Skipping rope or similar.

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