

SKIPPING FOR HEIGHT

- Set cones up in two (2) parallel lines about 10 metres apart.
- Skip to opposite line and return aiming to travel as high as you can on each skip.
- Keep your head up and eyes fixed on a point in front of you.
- As you skip drive your knee and opposing hand up.
- Be light on your feet and aware of how your body is moving.
- Notice what in your body assists the height of your skipping.
- There should be an even tempo and ease of movement.
- Participants should be balanced over the centre of their feet.

Benefits

- Coordination
- Focus
- Balance
- Body awareness
- Fluidity of movement

Beginners Advice

- Drive upward with knees and arms.
- Be familiar with ordinary skipping first.

Challenge

- Try and reach a target e.g. basketball backboard.
- Aim for capacity on every skip.

Adjustments / What to look for

- Moving in straight line with balance and control.
- Strong knee and arm driving upwards.
- Aim to keep spine long - extend through top of the head.
- Divide the class into pairs. Have one group skip while their partners watch. This allows for some recovery and gives partners the opportunity to provide feedback and get more of an understanding of the movement.