

SKIPPING FOR LENGTH

- Set cones up in two (2) parallel lines about 10 metres apart.
- Skip to opposite line and return aiming to travel as far 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 forward and up.
- Be light on your feet and aware of how your body is moving.
- Notice what in your body assists long 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

- A grassed area is useful in case of falls.
- Try starting with a run up to get momentum.
- Be familiar with ordinary skipping first.

Challenge

- Count the number of times you hit the ground and aim to better this.
- Try over longer distance - 20m or 30m.

Adjustments / What to look for

- Moving in straight line with balance and control.
- Strong knee and arm driving forwards.
- 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.