





Activity Plan for Skipping

Week 1			
Activity	How many or how long	How many days	Instructions
Skipping without a rope 	10 mins/day	3 days/wk	Do you know how to skip without a rope? If you know how, see if you can practice skipping 10 steps in a row. The most important thing for skipping is to step forward with one foot and hop on that same foot, and then you bring the other leg in front and step onto it and hop on it. When you are skipping 10 steps in a row, the leg in front will switch with every step (right in front, then left in front). Skipping is a skill where your legs cross all the time. You can also practice your two-footed hop without the skipping rope.

Week 2			
Activity	How many or how long	How many days	Instructions
Skipping with a rope 	10 mins/day	3 days/week	Practice skipping with a rope. Start by skipping with a two-footed jump (landing on both feet at the same time). Put on your favourite music and see if you can skip to the beat for 1 whole song. To make it harder, change to skipping on one foot a few times in a row, then try the other foot. Eventually, you should be able to skip with either foot or even change back and forth from one foot to the other any time you want.

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Week 3			
Activity	How many or how long	How many days	Instructions
Skipping 	15 mins	3 days/wk	Skip with a rope for 15 minutes. Try to skip with one foot in front of the other so that you go back and forth from the front foot to the back foot. Start with your right foot in front. Then, try doing the same thing but with your left foot in front. If you are able to do this, try skipping by alternating the foot you jump off every 3 skips.

Week 4			
Activity	How many or how long	How many days	Instructions
Skipping 	10 mins/day	3 days/wk	Skip to your favorite songs while alternating your feet. Then try to skip to the next song on one foot, then the other for the next half of the song. You can also try to bring the rope around twice while jumping as high as you can (you have to swing the rope really fast then).