

Five Basic Skips

A free taster lesson for Years 3 to 6. Pupils learn the skip-hop five basic skips, then skip with a partner and take on the Figure of 8 long rope game.

YEAR GROUPS
Years 3 to 6

LESSON
1 × 45–50 min

SPACE
Hall or playground

ROPES
2.5m, one each

By the end of the lesson

- ✓ Every pupil skips confident double bounces
- ✓ Most pupils are learning the five basic skips
- ✓ Some perform all five with control
- ✓ Every pupil has skipped with a partner and in a long rope

National Curriculum links (KS2 PE)

- ✓ Use running and jumping, alone and in combination
- ✓ Develop technique, control and balance
- ✓ Play competitive games, modified where appropriate
- ✓ Compare performances to achieve a personal best

Class kit

30 × 2.5m skipping ropes

One each, for pupils about 1.48–1.63m (4'11"–5'4") tall.

8 × 2.8m ropes

Six for taller pupils (usually Years 5 and 6), plus one each for the teacher and teaching assistant.

2 × 7.5m long ropes

For All in together and the Figure of 8. Using your double dutch pairs as extra long ropes makes the groups smaller.

Get the rope right

- ✓ **Length:** stand on the middle. The handles reach just below the armpits.
- ✓ **Too long?** Tie a knot a couple of centimetres below each handle.
- ✓ **Hands:** waist height and in front of the body. Never up by the shoulders.

Keep it safe

- ✓ Tie the rope round your waist until you are in a safe space.
- ✓ After a trip, step back through the rope. Never swing it back over the head.
- ✓ Bounce on the balls of the feet with bent knees.
- ✓ Before you start: jewellery off, long hair tied back, trainers on. Check that the floor is dry, flat and clear.

Where next?

MORE LESSONS

The Years 3–4 and Years 5–6 units in our scheme of work build on these skips.

LEARN THE SKILLS

Step-by-step guides on the basics and long rope games at skip-hop.co.uk.

ENTER THE LEAGUE

Add your best 30-second scores for free in the Virtual Skipping League at vsl.org.uk.

Five Basic Skips

45–50 minutes

Hall or playground

One 2.5m rope each + 2 long ropes

We are learning to

- ✓ Skip a run of confident double bounces
- ✓ Perform the five basic skips
- ✓ Skip with a partner and in a long rope

Success looks like

- ✓ Feet together, small bounces on my toes
- ✓ I can show at least three of the five skips
- ✓ My partner and I bounce in the same rhythm

1

5 min

Warm up: Double bounce

Pupils untie their ropes in a safe space and skip a steady double bounce: one turn, two bounces, feet together. Short bursts with rests.

2

13 min

The five basic skips

Teach in order: **double bounce**; **single bounce** (one turn, one bounce); **running on the spot** (one turn, two steps); **one-legged** (swap legs); **backwards**. Pupils who can, demonstrate. Everyone then picks one or two to practise for 5 minutes.

3

12 min

Partner skipping

Face to face: stand one arm's length apart, both doing the same bounce. **Run in:** start three paces apart. When the rope passes the partner's nose, they follow it in. To get out, turn 90 degrees and run as the rope passes under the feet.

4

15 min

Long rope: All in together, then Figure of 8

Groups of 7 or 8 for each long rope, with anyone not in a group practising the five skips. **All in together:** jumpers join one at a time until the whole group is skipping. **Figure of 8:** jump once, run round the far turner, then jump from the other end. Everyone stays in. Count the group's continuous jumps and try to beat the score.

5

5 min

Cool down and Top Tips

Stretches. Partners share their Top Tip and say how their body feels after skipping.

Make it easier / harder

- ✓ **Easier:** stay with the double bounce, or try running in with the partner standing still
- ✓ **Harder:** join all five skips into a routine, or get the whole group into the long rope side by side

Keep it safe

- ✓ Ropes stay tied round the waist until you are in your space
- ✓ Partners stand exactly one arm's length apart
- ✓ Queue for the long rope well clear of the turners

Teaching points

One turn, two bounces for the double bounce · Feet together and on the toes · Same rhythm as your partner · Jump the middle of the long rope

Watch the skills: skip-hop.co.uk/skipping-skills-the-basics/ · skip-hop.co.uk/long-rope-games/ · Key words: double bounce, single bounce, running step, partner, turner

Teacher notes

Aim for about 40% single rope, 30% partner and 30% long rope. Make the double bounce the first goal.

Common mistakes and quick fixes

1 Hands up by the shoulders

Bring the hands down to waist height, in front of the body, and turn from the wrists.

2 Partners catch the rope

Too far apart, or different rhythms. Stand one arm's length apart and agree single or double bounce first.

3 Caught running out

The skipper moves the rope to one side to clear the partner. Run out as the rope passes under the feet.

4 Misses in the Figure of 8

Run in close to the turner and jump the middle. Turners keep the rope steady, low and even, and slow it down if needed.

Running the Figure of 8

- ✓ Nobody is knocked out. Each pupil has 3 lives, or the group restarts the count after a miss.
- ✓ Groups chase a team score of continuous jumps, then try to beat it next week.
- ✓ Rotate the turners every couple of minutes.

Less waiting, more skipping

- ✓ Single file: 2 behind 1, 3 behind 2, and so on.
- ✓ Side by side: 1 next to 2, 3 next to 4. That fits about twice as many.
- ✓ Anyone waiting practises a basic skip on their own rope.

Key questions

- ✓ Where should your hands be?
- ✓ Are your knees bent?
- ✓ How do you know your space is safe?
- ✓ Are you bouncing on the balls of your feet?
- ✓ How do you feel after 3 minutes of skipping?
- ✓ What is skipping doing to your body?
- ✓ How could you improve?

Plenary: Pupils share their Top Tip with a partner. Then ask: what is skipping doing to your heart, lungs and muscles?

Including everyone

Wheelchair users turn their own rope over the head and roll under it, or take the turner role and call the timing.

Visual or sensory needs: use a bright or beaded rope, a slower turn, a clap or visual count, and a quieter spot.

Co-ordination difficulties: stay with the floor-rope steps, Funky Monkey or partner skipping as long as needed.

Teacher's evaluation

Children who did well

Children who need further support

Please note: These activities are suitable for most pupils when led by a teacher. Use your own judgement, and seek advice where needed, on whether they suit your group and individual pupils, including any with medical conditions. Follow your school's PE policy and the afPE Safe Practice guidance.