



Year 5 Skipping

Key Vocabulary

Penguin stance	The basic stance when skipping.
Single bounce	Jumping only once between skips.
Double bounce	Jumping twice between skips.
Twist	A trick performed when skipping turning your body side to side.
Hop scotch	A trick performed when skipping. One leg to two legs.
Skiing	A trick performed when skipping. Moving side to side.
Double Dutch	Double Dutch is a game in which two long jump ropes turning in opposite directions are jumped by one or more players jumping simultaneously.



Unit Focus:

Understand how to warm up and cool down for skipping, and why it is important.

Know how to jump safely and with good technique. Be able to apply this knowledge to their basic two foot skipping.

Develop lower body co-ordination.



6 hours

Lesson 1

Can I skip using the correct technique?

Lesson 2

Can develop jumping skill?

Lesson 3

Can develop jumping timing?

Lesson 4

Can I perform advanced partner skipping skills?

Lesson 5

Can I enter and exit a long rope?

Lesson 6

Can I do Double Dutch turning?

English / Maths Links: