



Year 1 Skipping

Unit focus:
developing an appreciation for rhythm,
body awareness and gross motor skills.

Key Vocabulary

Catch	To jump over the rope
Solo skip	To jump over the rope alone
Double skip	Turn the rope fast so it goes round twice during one hop
Group skip	To use a long rope and to jump at the same time
Constant skip	A number of skippers line up and get ready to jump in
Backward skip	To skip backwards
Hop and skip	Lift legs up high and hop with the other leg
footwork	Whilst skipping you can move your feet in a star jump pattern
Jog skip	To skip whilst jogging



6 hours

Lesson 1

- Mimic animal jumping movements to replicate the need to jump with both feet together
- jumping down a line with both feet together

Lesson 2

Lesson 3

Lesson 4

Lesson 5

Lesson 6

Links

Literacy:

Numeracy: Recognising and using patterns and relationships