

# Skipping

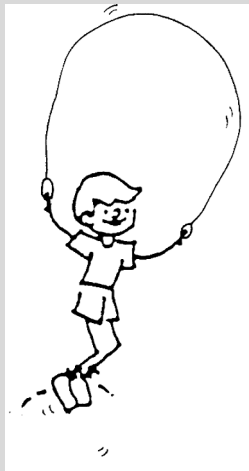
**Approach:** Open space

**Level:** Year 4 and year 8

**Resources:** 1 medium and 1 large skipping rope, timer.

## Instructions

1. Practise skipping on your own, forwards and backwards without rebounds. (30 seconds)
2. Skip on the spot — moving the rope forwards no rebounds — until you have done 10 skips.



		% responses	
		y4	y8
<b>Number of starts:</b>	1	55	81
	2	23	12
	3-4	13	6
	> 4	9	1
	<b>Co-ordination &amp; elegance:</b>		
	high	34	64
	quite high	32	24
	moderate	20	9
	low	14	3



3. Skip on the spot — moving the rope backwards no rebounds — until you have done 10 skips.

		% responses	
		y4	y8
<b>Number of starts:</b>	1	21	44
	2	21	26
	3-4	29	19
	> 4	29	11
<b>Coordination &amp; elegance:</b>	high	14	39
	quite high	29	30
	moderate	32	21
	low	25	10

4. Show all the types of skipping you can do. You have 1 minute.

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## Commentary

On average, about 25 percent more year 8 than year 4 students scored at the highest level.