

Leicester City SSPAN & South Leicestershire SSP

Summer Skipping Programme

SKILL

3 & 4

Side to Side

- Start by jumping left & right with both feet together.
- Add in an imaginary rope and turn your wrists whilst performing the side to side action.
- Now, using your rope, start by jumping up and down and getting into the rhythm of skipping. Once you feel comfortable, add in a side to side jump from left to right.

Forward & Backwards

- Start by jumping forward and backwards with both feet together.
- Add in an imaginary rope and turn your wrists whilst performing the forward and backward action.
- In the forward jump, the body leans back. In the backward jump, the body leans forward.
- Now, using your rope, start by jumping up and down and getting into the rhythm of skipping. Once you feel comfortable, add in a forward and backward movement.

Skill 3: Side to Side

Skill 4: Forward & Backwards

To view the associated video - [Click Here](#)

YOUR CHALLENGE!

Can you do 8 forward and backwards jumps followed by 8 side to side skips?

How many times can you complete the challenge in a row?



South Leicestershire School Sports Partnership

Health | Well-being | School Sport | PE | Physical Activity

