

Leicester City SSPAN & South Leicestershire SSP Summer Skipping Programme

Skills Learnt So Far

Skill 1: Double Bounce

Skill 2: Single Bounce

Skill 3: Side to Side

Skill 4: Forward & Back

Skill 5: Straddle

Skill 6: Jumping Jacks / Exit

Skill 7: Hand Crossovers

Skill 8: 180 Turn

Your Routine

Can you create a 45s / 1 minute skipping routine from the skills you have learnt?

Try and use a range of different skills.

Can you skip to your favourite song?

Most importantly, remember to smile and have fun!

YOUR ROUTINE

Show us your skipping skills!

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

YOUR CHALLENGE!

Record and upload your skipping routine to Twitter by Friday 3rd July to be entered into a prize draw.

Make sure you tag @leicesterssp and use #SummerOfSkipping to be entered.

Good Luck!



South Leicestershire School Sports Partnership

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

