

Leicester City SSPAN & South Leicestershire SSP

Summer Skipping Programme

Hand Crossovers

- Begin exercise by swinging rope up and over your head and then begin to jump up off the ground with both feet as the rope begins to reach your feet.
- After the rope passes under your feet and is over your head, cross your elbows over each other at about the middle of your torso and jump through the rope as you would normally. Repeat and practice as necessary.

Top Tip: Remember the crossover is done at the elbows!

180 Turn

- For this skill, you will need to combine bouncing forward, bouncing backwards and a sideswing.
- Start with single two-footed bounces in a consistent rhythm and then jump forward. As you jump forward, rotate your whole body to one side and complete a side swing (both hands on the same side of your body) at the same time. Continue to turn until you have completed 180 degrees and keep with the rhythm of the single two-footed bounce.
- Repeat with another 180 degree turn to see if you can finish in the direction you were originally facing.

SKILL

7 & 8

Skill 7: Hand Crossovers

Skill 8: 180 Turn

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

YOUR CHALLENGE!

How many hand crossovers can you do in 30 seconds?

Can you beat Henry's score of 33!?



South Leicestershire School Sports Partnership

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

