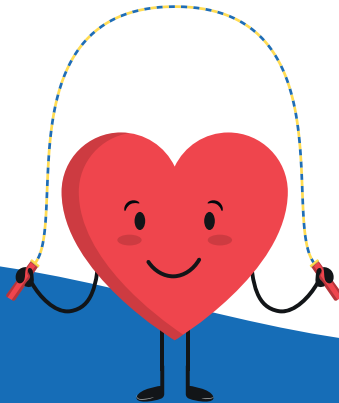


# Skipping Skills Passport 2021

Name: \_\_\_\_\_

Year: \_\_\_\_\_

School: \_\_\_\_\_



# Examples of key outcomes for different year groups:

## Reception

- Practise fundamental movement skills and movement sequences using different body parts.
- Identify and describe how the body moves in relation to effort, space, time, objects and people.
- Explore how regular physical activity keeps individuals healthy and well.

## Year 1–2

- Perform fundamental movement skills in a variety of movement sequences and situations.
- Incorporate elements of effort, space, time, objects and people in performing simple movement sequences.
- Discuss the body's reactions to participating in physical activities.

## Year 3–4

- Practise and refine fundamental movement skills in a variety of movement sequences and situations.
- Combine elements of effort, space, time, objects and people when performing movement sequences.
- Examine the benefits of physical activity to health and wellbeing.

## Year 5–6

- Practise specialised movement skills and apply them in a variety of movement sequences and situations.
- Manipulate and modify elements of effort, space, time, objects and people to perform movement sequences.
- Participate in physical activities designed to enhance fitness, and discuss the impact regular participation can have on health and wellbeing.

## Year 7

- Use feedback to improve body control and coordination when performing specialised movement skills in a variety of situations.
- Demonstrate and explain how the elements of effort, space, time, objects and people can enhance movement sequences.
- Participate in physical activities that develop health-related and skill-related fitness components, and create and monitor personal fitness plans.

# Steps to Success

## BEGINNER



### 1. I can practise the skill

I have the physical skills necessary to perform the skill. I understand the movement I am trying to perform.



### 2. I can sometimes do it

I have successfully performed the skill at least once. I concentrate on the process of the skill when performing it.



### 3. I can perform it with ease

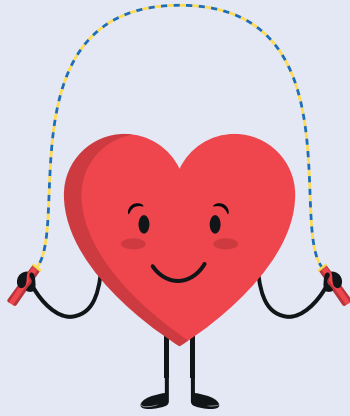
I can successfully perform the skill most times I try. I can perform the skill without thinking about it.



### 4. I can teach it to someone else



















I can perform the skill with ease. I can explain the steps of learning the skill. I can assess someone else's success.

## MASTER





















# Beginner










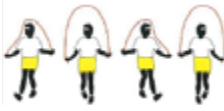

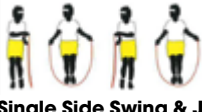





# Basic Skills

Skill (no rope)	 I am practising	 I can sometimes do it	 I can perform it with ease	 I can teach it to someone else	Skill	 I am practising	 I can sometimes do it	 I can perform it with ease	 I can teach it to someone else
 10 x Jump with feet together					 10 x forward circle with right hand				
 10 x Jump side to side(also try double bounce)					 10 x forward circle with left hand				
 10 x Jump forward and backward(also try double bounce)					 10 x backward circle with right hand				
 10 x Scissor jumps					 10 x backward circle with left hand				
 10 x hop on each foot					 10 x figure of 8 (side swing)				

# Basic Skipping Skills

Skill	 I am practising	 I can sometimes do it	 I can perform it with ease	 I can teach it to someone else	Skill	 I am practising	 I can sometimes do it	 I can perform it with ease	 I can teach it to someone else
 <b>Single Bounce</b> Cue: jump, jump, jump					 <b>Side Straddle</b> Cue: out, in, out, in				
 <b>Double Bounce</b> Cue: jump, bounce, jump, bounce					 <b>Straddle Cross</b> Cue: out, cross, out, cross				
 <b>Backward Jump</b> Cue: jump, jump, jump					 <b>Scissors</b> Cue: left, right, left, right				
 <b>Skier</b> Cue: left, right, left, right					 <b>Twist</b> Cue: right, middle, left, middle				
 <b>Bell</b> Cue: forward, backward					 <b>Advanced Twist</b> Cue: right left, right left				

# Basic Skipping Skills

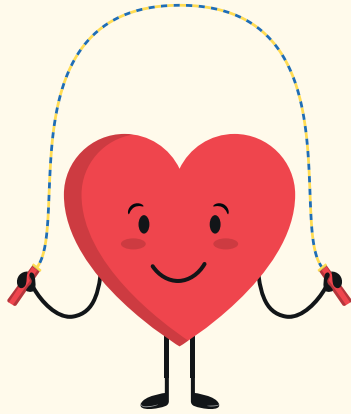
 I am practising	 I can sometimes do it	 I can perform it with ease	 I can teach it to someone else	 I am practising	 I can sometimes do it	 I can perform it with ease	 I can teach it to someone else
Skill				Skill			
 <p><b>Switches</b> Cue: cross, cross, cross</p>				 <p><b>Heel-Toe</b> Cue: heel, toe, heel, toe</p>			
 <p><b>1 Leg Jump</b> Cue: hop, hop, hop</p>				 <p><b>Single Side Swing &amp; Jump</b> Cue: swing, jump, swing, jump</p>			
 <p><b>Jogging Step</b> Cue: left, right, left, right</p>				 <p><b>Double Side Swing &amp; Jump</b> Cue: left, right, open, jump</p>			
 <p><b>Heel to Heel</b> Cue: heel, heel, heel, heel</p>				 <p><b>Cross</b> Cue: jump, cross, open</p>			
 <p><b>Toe to Toe</b> Cue: toe, toe, toe, toe</p>							

# Create your own skipping routine

Try to link multiple skills in a sequence. You may like to do the basic jump between skills while you are practising.



















ROUTINE 1	ROUTINE 2	ROUTINE 3	ROUTINE 4
Skill 1	Skill 1	Skill 1	Skill 1
Skill 2	Skill 2	Skill 2	Skill 2
Skill 3	Skill 3	Skill 3	Skill 3
Skill 4	Skill 4	Skill 4	Skill 4





**Intermediate**

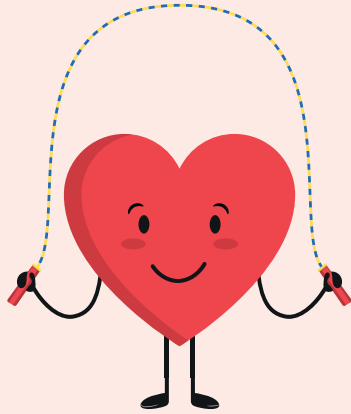
# Intermediate Skipping Skills

Skill	 I am practising	 I can sometimes do it	 I can perform it with ease	 I can teach it to someone else	Skill	 I am practising	 I can sometimes do it	 I can perform it with ease	 I can teach it to someone else
 <p><b>Leg Swing</b> Cue: swing left, swing right</p>					 <p><b>Double Under</b> Cue: one, two, three, double</p>				
 <p><b>Peak-a-boo</b> Cue: tap left, tap right</p>					 <p><b>Criss Cross</b> Cue: cross, jump, open, jump</p>				
 <p><b>Kick Swing</b> Cue: kick left, kick right</p>					 <p><b>Backward Criss Cross</b> Cue: jump, cross, open</p>				
 <p><b>Can Can</b> Cue: knee jump, kick jump</p>					 <p><b>Side Swing Cross (Matador)</b> Cue: right, cross, left, cross</p>				
 <p><b>Squat Jump</b> Cue: jump, squat, straddle</p>					 <p><b>Forward 180° Turn</b> Cue: jump, swing and turn, jump backwards</p>				

# Create your own skipping routine













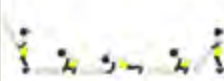





Try to link multiple skills in a sequence. You may like to try linking the beginner skills with the intermediate skills you have learned.

ROUTINE 1	ROUTINE 2	ROUTINE 3	ROUTINE 4
Skill 1	Skill 1	Skill 1	Skill 1
Skill 2	Skill 2	Skill 2	Skill 2
Skill 3	Skill 3	Skill 3	Skill 3
Skill 4	Skill 4	Skill 4	Skill 4



# Advanced

# Advanced Skipping Skills

Skill	 I am practising	 I can sometimes do it	 I can perform it with ease	 I can teach it to someone else	Skill	 I am practising	 I can sometimes do it	 I can perform it with ease	 I can teach it to someone else
 <p><b>Backward Double Under</b> Cue: one, two, three, double</p>					 <p><b>Fling</b> Cue: ankle, side, front</p>				
 <p><b>Double Side Swing Double Under</b> Cue: left, right, double under</p>					 <p><b>Grapevine</b> Cue: step, behind, step, kick</p>				
 <p><b>Slow Push Up (Burpee)</b> Cue: jump, squat, out, squat, jump</p>					 <p><b>Dipsy Doodle</b> Cue: bend, cross, flick, jump</p>				
 <p><b>Shuffle Step</b> Cue: heel, toe, heel, jump</p>					 <p><b>Up and Under (Pretzel or Crouger)</b> Cue: jump, under, jump, swing</p>				
 <p><b>Razzle Dazzle</b> Cue: jump, front knee, jump back knee</p>					 <p><b>Wrap Around (E.B. Cross or Front-Back Cross)</b> Cue: swing, cross, jump, open</p>				

# Create your own skipping routine

Try to link multiple skills in a sequence. You can include beginner, intermediate and advanced skills in each routine you create. Try doing the basic jump between skills while you are practising.

ROUTINE 1	ROUTINE 2	ROUTINE 3	ROUTINE 4
Skill 1	Skill 1	Skill 1	Skill 1
Skill 2	Skill 2	Skill 2	Skill 2
Skill 3	Skill 3	Skill 3	Skill 3
Skill 4	Skill 4	Skill 4	Skill 4



# Reflection

Describe how Jump Rope for Heart keeps you healthy:



# Reflection

Describe how your health and level of fitness has changed throughout the term. What effect do you think Jump Rope for Heart has had?