

Skipping -

Backward Skip

Exactly what it says in the title...can you skip backwards?

Double Skip

Turn the rope really fast so it goes round twice during one jump. This can't be kept up so this is put in now and again into a plain skip.

Hop and Skip

Lift knees up high and hop with the other leg, do one then the other.

Footwork

Whilst skipping you can move your feet in a star jump pattern as well as one forward, one back, and crossed legs.

Cancan

Do the knee up hop on one leg and then on the same leg kick out the next time, then change legs. Just like the cancan.

The Jog

Jogging as you would without a skipping rope but just make sure you leave the ground as the rope is passing under your feet.

Crossovers

Do this once or more during basic skipping. When you are proficient this can be done constantly (constant crossover) or alternate crossovers: one normal, one crossed, one normal one crossed.

Cross hands right across the body so the rope still goes around the skipper but on the other side to normal. Uncross, then resume normal skips.

Side Swipe

Skip normally, then stop jumping and keeping time, put both hands to one side of the body and 'skip' the rope once at the side of you, then bring both hands back to where they were either side of the body and resume skipping without breaking timing.

Squats

Skip whilst crouching low. This is hard on the thigh muscles so start by putting one into a normal skip before trying a few together.

Mix Up

Choose one or more of the challenges to do together for example hopping on one leg whilst doing crossovers or squatting.

Under Leg

A tricky one...physically put one arm under the same leg (e.g. left arm/left leg) and hold the rope at normal waist height. Now try and skip and you will need to hop as one leg is hooked over your arm.

Heel Toe

Whilst skipping put one foot forward slightly and put the heel down then in the next jump put the same foot behind slightly and touch the toe down. Try with one foot, then the other. Afterwards try alternate feet, keeping a constant rhythm throughout.

Dancing

You may have children who can already do some form of percussive dance such as Irish dancing, tap dancing or clog dancing. They can have the added challenge of combining this with skipping. All they have to make sure is that they leave the ground at regular intervals so the rope can pass underneath them. Basic shuffling steps, doubles and trebles can be tried for a start. And of course...it's not just these children that can try this; they can teach others some basic steps too.