

SOLO SKIPPING GUIDE

CHALLENGE TASK	BRONZE AWARD 1	TEACHER TIPS
Windmill.	Place the skipping rope handles together in on hand. Turn the rope forward, rather, than backwards and jump up and down as the rope hits the ground.	Always keep the back straight and the handles turned out.
Single Bounce.	Jump the skipping rope with one jump, do this for each rope turn.	Do two footed springy jumps.
Double Bounce.	Jump the skipping rope with two jumps for each rope turn.	Try to keep a regular rhythm of jumping.
CHALLENGE TASK	BRONZE AWARD 2	TEACHER TIPS
Running on the spot.	Jump the skipping rope and continuously run on the spot.	Keep in one place rather than run around.
Backwards.	Start with the rope by the front toes. Turn the rope in reverse and skip the rope.	Whip the rope underneath when jumping.
Hopping.	Raise one foot off of the ground and jump the rope on one leg. The skipper can hop on the same leg and can also try changing legs.	The leg does not need to be raised too high to hop the rope.
Straddle.	Open and close the feet whilst skipping. Jump the rope with the feet wide, then, jump the rope with the feet together.	Practice the straddle, without the rope.
CHALLENGE TASK	SILVER AWARD 1	TEACHER TIPS
Skiing.	Jump from side to side whilst skipping. Jump to the left, then jump to the right and continue to move, side to side.	You can practice jumping over a line with this challenge.
Monkey Tail.	Place the skipping rope handles together in one hand, place hands in front of the body and bend the knees slightly. Use the wrists to turn the rope low to the ground and jump the rope as it moves near to the feet.	The monkey tail needs lots of room, so spread out.
Crouching.	Skip whilst in a low down crouching position.	Get the bottom very close to the ground.
Footcross.	Cross the feet so that they are together in a cross shape and skip the rope.	Both feet must hit the ground at the same time.
CHALLENGE TASK	SILVER AWARD 2	TEACHER TIPS
Knee lift.	Lift one knee, then the next knee as high as the waist, whilst skipping.	Lean back a little.
Kick.	Kick the left foot in front, then, kick the right foot in front and so on.	Try kicking fast or kicking slowly.
Sideswing.	Swing the rope on one side of the body and then repeat on the opposite side. After the rope hits the floor, open the handles and jump the rope.	Keep the handles together when twirling the rope.
Hopscotch.	Whilst skipping, try a hop and then a straddle. Continue the hop and straddle sequence.	Try hopping on either leg between straddles.
CHALLENGE TASK	GOLD AWARD 1	TEACHER TIPS
Arm wrap.	First skip forward and then place one hand across the chest and rest it next to the opposite shoulder. Keep turning the rope with the outer wrist to allow rope to coil around the arm. Next, unwrap the rope and this will change the direction of the rope from forwards to backwards. The skipper will then skip backwards. Also try to do the arm wrap from backwards to forwards.	Watch the rope carefully. The correct time to jump the rope is after it hits the ground.
Twister.	Skip and land the feet, pointing together to the side, and then jump and land with the feet turning as far to the other side as possible. Repeat the pattern.	The skipper will face one side, and then the person will jump and face the other side.
Front Straddle.	Move one foot forward and the other foot backwards, as the skipper crosses the rope. The feet land on the ground, split with one forward and backwards. Then switch the movement, the other foot moves forwards and the other foot moves back.	Focus on the front foot moving forward alternating to the next foot.
Turning.	Find a large space and see if the skipper can do a full turn clockwise rotation on the spot. The skipper can take their time and skip, turning in a circle.	Use the analogy as a clock going round and see how far the skipper can get.
The Bell.	Whilst skipping forwards, jump in front and then jump backwards. Skip jumping forwards and jumping backwards landing the feet together.	Focus on the points where the skipper shall land.
CHALLENGE TASK	GOLD AWARD 2	TEACHER TIPS
Side Step.	Whilst skipping, land one foot at one side. On each skip, the other foot lands at the opposite side. Repeat the movement smoothly.	The skipper's movement is similar to the sway of an ice skater.
Armcross.	As the rope travels over the head, push the arms crossing and with both handles pointing out, the skipper then jumps through the loop and flicks the rope over their head ready to continue the pattern or to carry on skipping.	The elbows will be close to touching for the arm cross.
Double Under.	Jump high and spin the rope quickly, doing this twice around the body. At the end of the trick the rope will be behind the skipper.	Jump higher than usual to allow time to spin the rope fast.
Pretzel.	In the pretzel, one hand is under the leg, the handles face out and then the skipper has to skip. The same hand goes under the same leg, e.g. left hand under left leg. The hand then comes from the inner leg to the outer leg.	Ensure the rope is behind the skipper at the start.
Rodeo.	One hand is high above the head and the other low near the tummy. The nearest leg steps into the rope, the high hand twirls the rope around the head and second leg steps out of the rope. Then raise the low hand and draw a circle round the head. Then the skipper will be back to the starting position.	The high hand twirls the rope carefully and always stays above the head throughout the trick.