



SOLO SKIPPING PRACTICE LOG

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Name _____

	Monday	Tuesday	Wednesday	Thursday	Friday
SKIPPING CHALLENGE 1					
Windmill.					
Single Bounce.					
Double Bounce.					
SKIPPING CHALLENGE 2					
Running on the spot.					
Backwards.					
Hopping.					
Straddle.					
SKIPPING CHALLENGE 3					
<i>Skiing.</i>					
<i>Monkey Tail.</i>					
<i>Croaching.</i>					
<i>Footcross.</i>					
SKIPPING CHALLENGE 4					
<i>Knee lift.</i>					
<i>Kick.</i>					
<i>Sideswing.</i>					
<i>Hopscotch.</i>					
SKIPPING CHALLENGE 5					
Arm wrap.					
Twister.					
Front Straddle.					
Turning.					
The Bell.					
SKIPPING CHALLENGE 6					
<i>Side Step.</i>					
<i>Armcross.</i>					
<i>Double Under.</i>					
<i>Pretzel.</i>					
<i>Rodeo.</i>					

Write your high scores in one turn for each trick after your practice.