

Name	Equipment	Skill	Age Suitability
Home PE Session 1	Skipping rope, youtube, go noodle or CD player. If skipping rope is not available then this session can be done without.	Basic skipping (with or without a rope)	Years 5/6

**Video Tutorial:** <https://www.youtube.com/watch?v=zvyez3M0p7c&t=3s>

Check out our [YouTube channel](#) to see a variety of different lessons for a range of ages.

Today we are just going to look at movement, keeping active and keeping your mind and your body healthy and happy. Do it inside or outside, whichever works best for you in terms of space.

### Warm Up (5 minutes):

If you have a go noodle account log on. If not you can create an account at [gonoodle.com](http://gonoodle.com). This is an excellent tool for a range of dancing and other activities. Great for warm ups or any other time of the day.

If you do not have it then most go noodle dances can be found on YouTube - I have always found Kidz Bop great. If not then put your favourite music and just move to it, remember it is your session no one else's. If using go noodle/YouTube put on Kidz Bop fight song and follow moves - focus on keeping high energy. After 5 minutes of dancing have a drink.

### Activities

We will not suggest buying lots of equipment for these sessions over the break but if you have around £1.50 a nylon skipping rope can be bought from any supermarket, sports shop etc. For fitness, coordination, self-confidence this will be best £1.50 ever spent. But all of these sessions can be performed with a pretend skipping rope or dressing gown cord. Hold your hands in the skipping position and rotate wrist around fast whilst jumping. You can hold 2 light weights- small cans, toys etc to make it a little bit more challenging.

### Activity 1 (15 minutes):

This link is an excellent place to start looking at the basics: <https://www.youtube.com/watch?v=n7u1gvoXdG0> youtube clip. Please do not worry about the ages it says- it is just a really good introduction to skipping. This shows some very simple steps to begin skipping. Keep referring to this video for help. Pop on your favourite tunes on and practice. Good excuse to have your music on slightly louder than normal!

1) Stand with your rope behind you and your hands straight in front like you are carrying a tray. Swing the rope over your head. You do not need to throw it- especially if it is a plastic rope it will travel easily on its own.

2) Practise bouncing (not jumping) on the spot. Look at how thin your rope is - that is how high you need to jump. Legs slightly bent. Bounce for a minute.

3) Swing rope first and bounce over the rope.

**3 P's are vital - Practise, practise, PRACTISE**, Skipping is a lifelong skill if you can master it - with a £1 rope and a couple of metres of space you can have the best workout around!

### Activity 2 (20 minutes):

Lay 2 pieces of rope, string, masking tape etc to make a cross on floor.

If you have a stop watch - time, otherwise just count. One elephant, 2 elephants etc

All of these movements in this section will be helpful for skipping:

1) Jump forward and back (over middle lines) for 45 secs, 30 secs rest.

2) 60 secs bouncing on both legs - only about 1cm off the floor, 30 secs rest.

3) 45 secs side to side jumps (over the middle line of the cross), 30 secs rest.

4) 30 secs on one leg (little jumps), 30 secs rest.

5) 30 secs other leg, 30 secs rest.

6) 45 secs round the world - all 4 parts of the cross- swap between clockwise and anticlockwise if you can. This is exercise is tiring- have a rest if needed!

2 minutes rest- you have earned it ☺

Repeat x 2 - if you can. This is a hard skipping based session-please don't worry if you can't do all the jumps. If you need longer rest take it. If you can't go all the way through stop.

Who are you competing or comparing yourself to? Only you - and you are amazing! ☺

### Cool Down (5 minutes): Gears

Start in 5<sup>th</sup> gear running at a near sprint. This can be on the spot if you have less room.

Bring it slowly down to 4<sup>th</sup> gear, a fast jog, 3<sup>rd</sup> normal jog, 2<sup>nd</sup> fast walk and finally, 1<sup>st</sup> gear, normal walk. Count about 30 seconds on each of these levels. Once you have parked your car (stopped) sit on the floor and think back over all that you have achieved in this session and what you would like to get out of the next.

**You can repeat this as many times as you like throughout the week- make it your own!**

**You will get out exactly what you put in.**

Safety Considerations (outdoor):

Ensure playing area is clear of debris

Safety Considerations (indoor):

Check suitability for area

Simplification:

- Go through exercises less times.
- Miss out some exercises.

Progression:

- Do 1 extra time through
- Add in your own exercises (maybe a double jump- where you do bigger jumps for 30 secs)

Notes:

What did you like about the lesson?

What would you change?