

Star Challenge

Turning a Rope

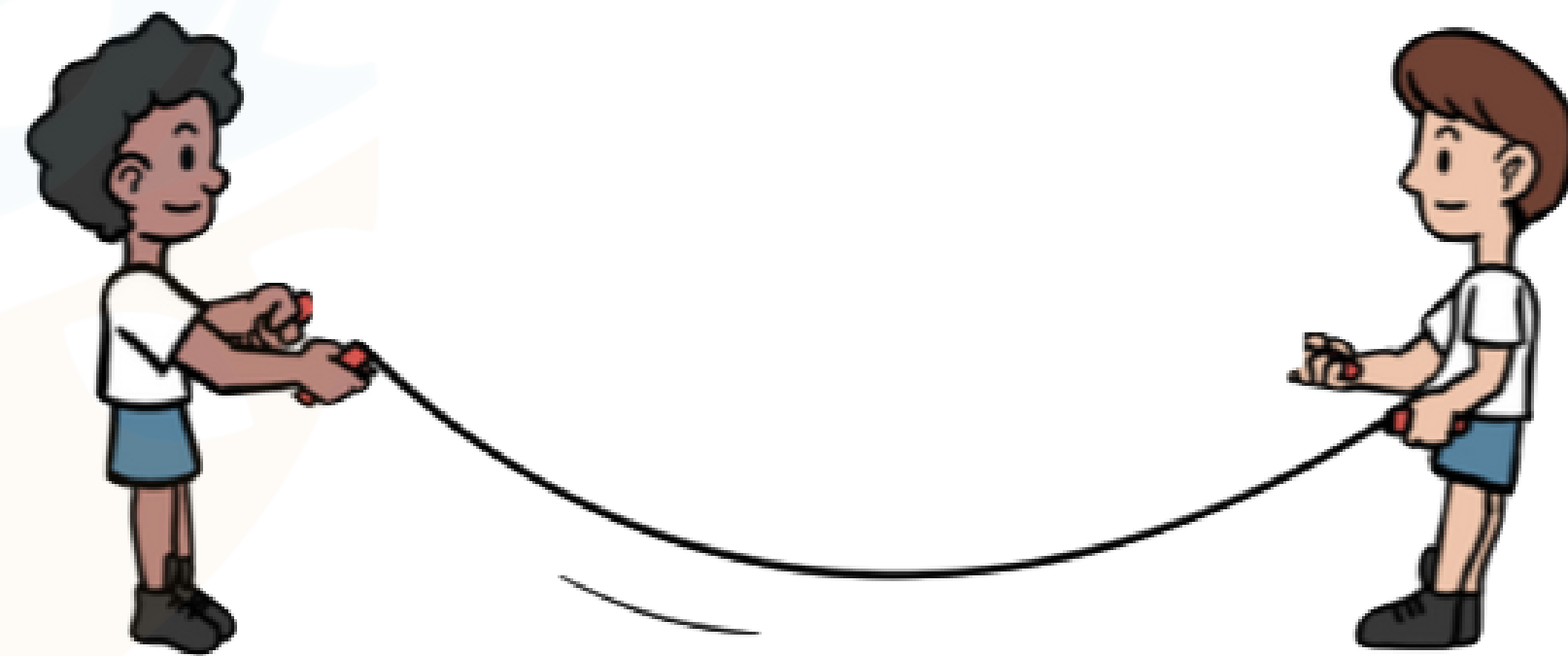
With a partner hold the long rope in one hand.

1

Turn it at exactly the same time so that the rope just taps the floor.

- Can you complete 20 without stopping?

Top tip: turn the rope from your elbow and not your whole arm.



2

Try this with your opposite hand.

- Can you complete 20 without stopping?

Top tip: mirror each other's movements.

3

Using the short rope, put both handles in one hand and turn the rope at the side of your body.

- Can you bend your knees when you hear the tap?

Top tip: listen to the tap. It is really important when skipping, it helps you to jump over the rope.

Equipment:

- 1 x long rope
- 1 x short rope

Jumping in a Long Rope

Star Challenge

- In groups of three.
- Place the base station in the middle of the rope.
- Skipper begins on the base station.
- The other two players are the turners.

How many times can you jump the rope?

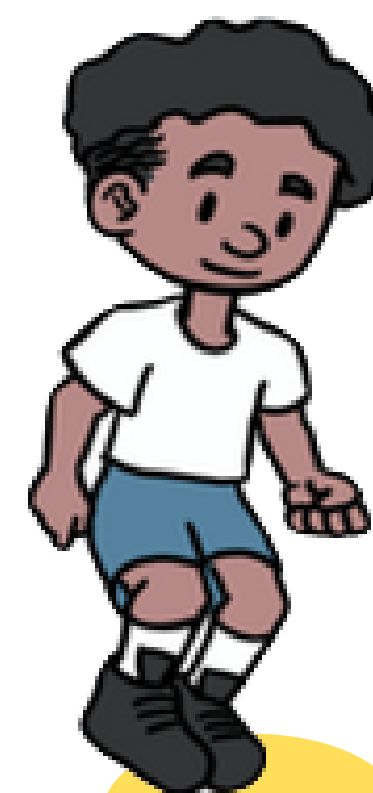
Make it harder by turning around in the rope or trying to touch the floor.

Top tip: turners to say 'ready and' before turning the rope. Skipper to watch the rope go over your head before jumping.

Equipment:

- 1 x long rope
- 1 x base station

Ready
and...



Ready
and...



Single and Double Bounce

Star Challenge

Place the rope in a straight line on the floor.

1 Single bounce forwards and backwards over the rope.

Top tip: single bounce rhythm is jump, jump, jump, jump.

2 Double bounce forwards and backwards over the rope.

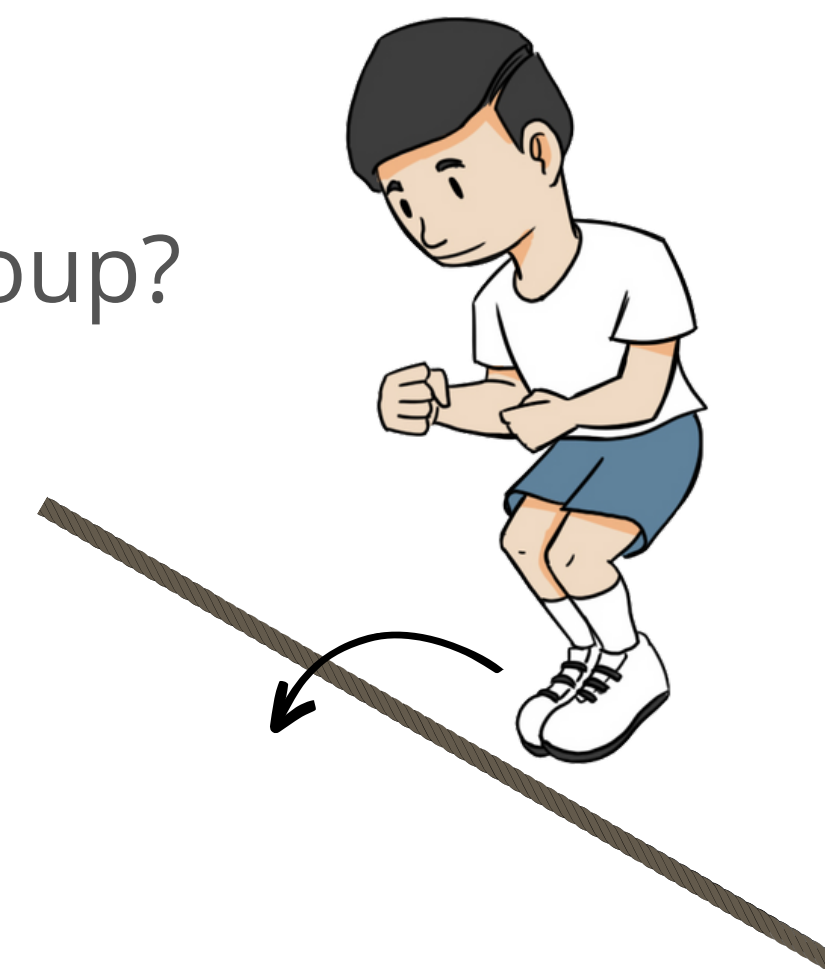
Top tip: double bounce rhythm is jump, bend, jump, bend.

3 Can you make up a pattern using single and double bounces?
Here is an idea: single, single, double, double, single, double,
single, double.

4 Can you do it in time with a partner or a group?

Equipment:

- 1 x short rope



Individual Skipping

Star Challenge

Practise skipping in a short rope.

1

- Keep your hands in line with your belly button.
- Swing the rope over your head and step over the rope.

2

Swing the rope over your head and jump over the rope.

3

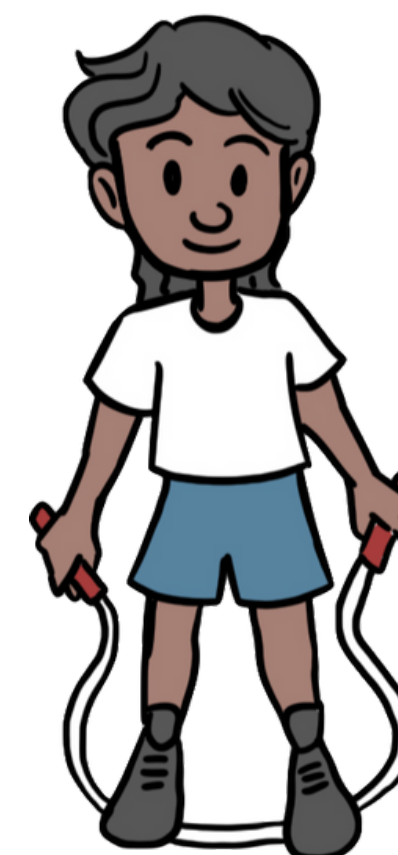
How many skips can you complete in a row?

Top tips:

- Turn the rope from your wrists.
- Keep your body upright.

Equipment:

- 1 x short rope



Partner Skipping

Equipment:

- 1 x short rope

Star Challenge

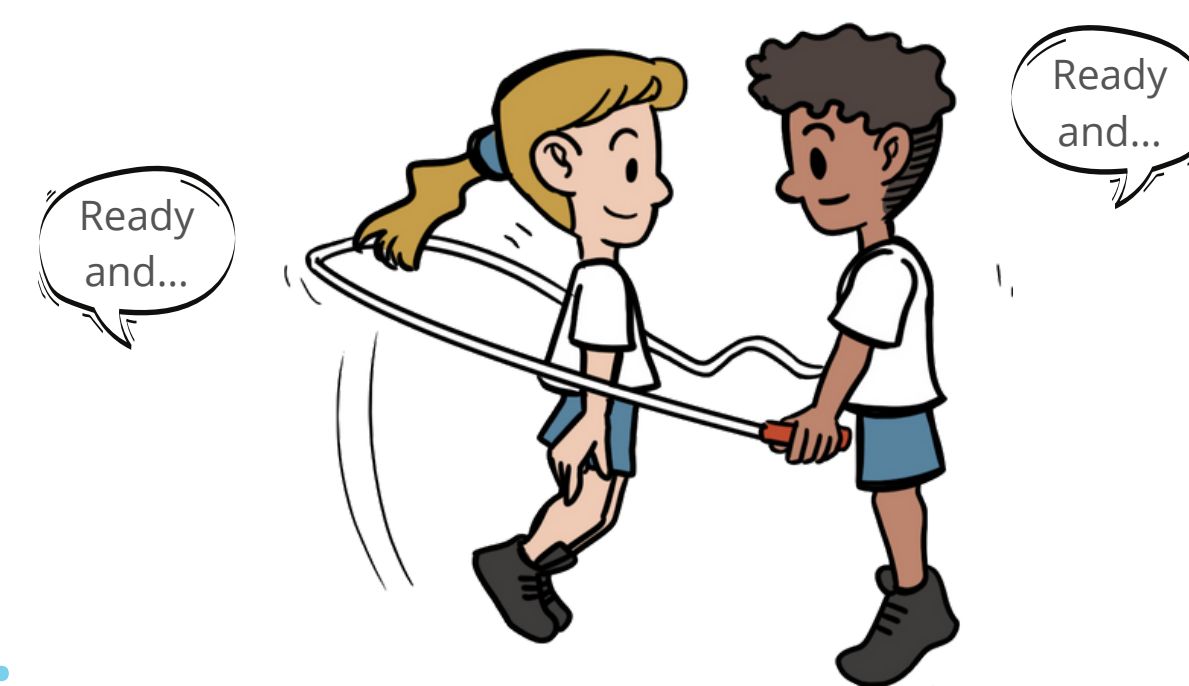
Skip with a partner. You could ask a sunshine friend to do this with you.

1

- One person holds the rope
- Face away from your partner.
- Turn to say 'Ready and...'
- Jump the rope as it passes your face.
- Use a double bounce.

2

- One person holds the rope.
- Face your partner.
- Turn to say 'Ready and...'
- Use a double bounce.



Top tip:

Keep your knees bent ready to jump.

Partner Skipping

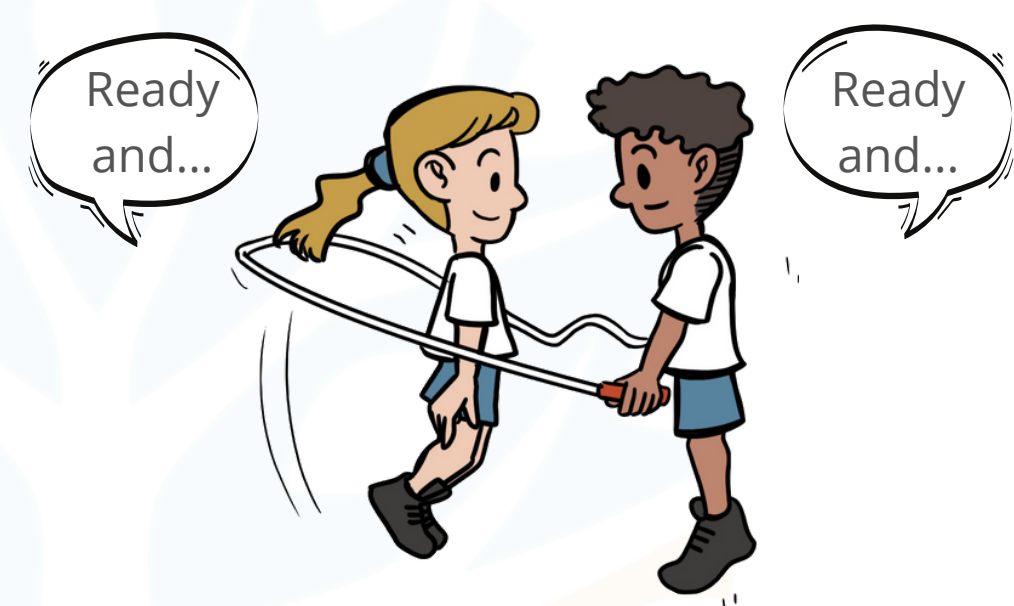
Sunshine Challenge

Skip with a partner. Try:

Top tip:
Say together 'Ready and..'
Keep your knees bent.

1

Face to face skipping.



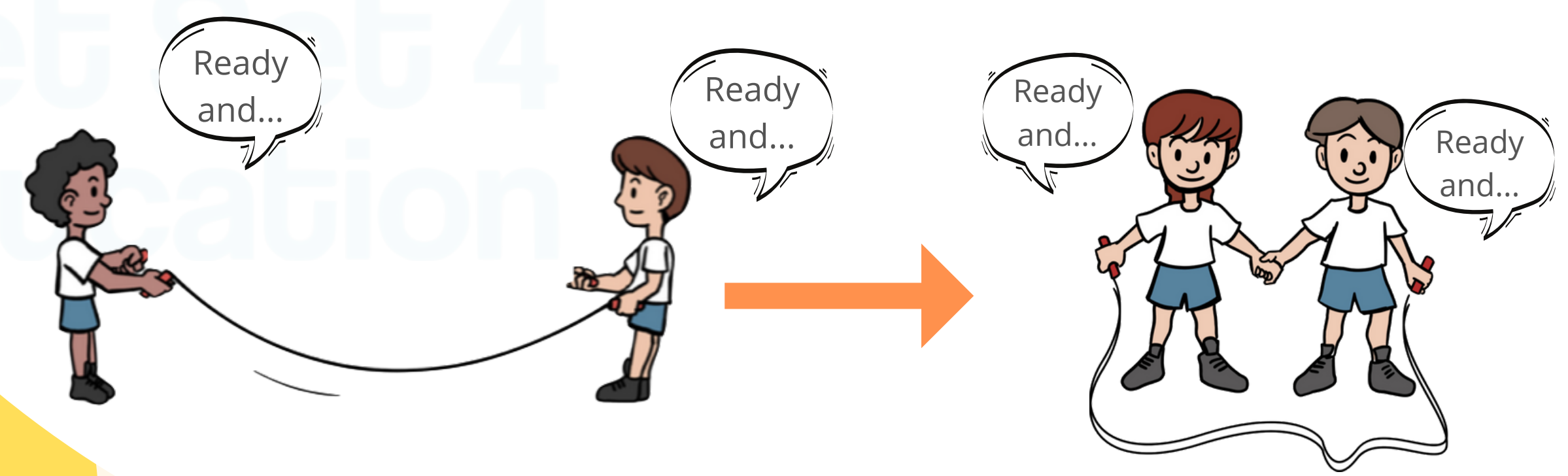
2

Side by side skipping.



3

Both start out the rope then move into it to skip side by side.



Equipment:

- 1 x short rope

Individual Skipping

Sunshine Challenge

Try these individual challenges using a single and double bounce.

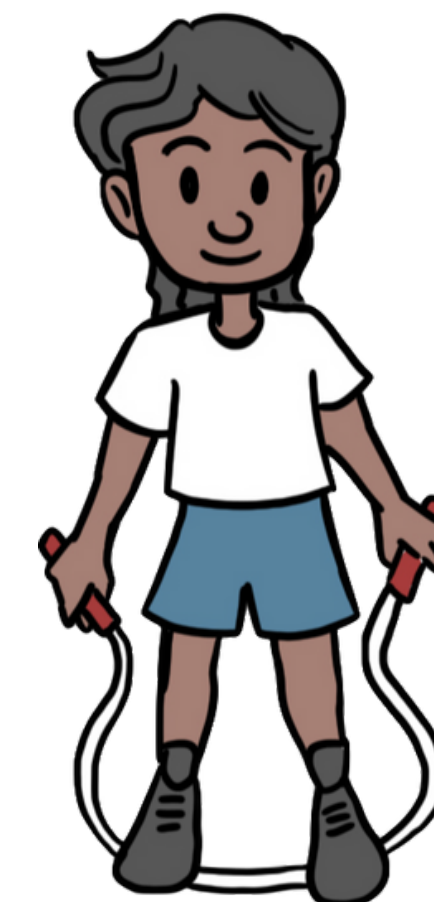
Can you complete 20 of each?

- Jump side to side.
- On foot forward one foot back.
- Hop.
- Running in the rope.
- Skip backwards.
- Crossing feet.
- Feet together and then apart.
- Crossing arms

Equipment:

- 1 x short rope

Top tip:
**Practise the footwork
before using the rope.**



Long Rope Skipping

Sunshine Challenge

In a group of three. Take turns to explore the following:

- 1 Can you run into the rope when it is already turning?
- 2 Can you touch the floor whilst skipping?
- 3 Can you turn around whilst skipping?

Equipment:

- 1 x long rope

Top tip:
Watch the rope.
Wait for it to tap the
floor then chase it in.



Sunshine Challenge

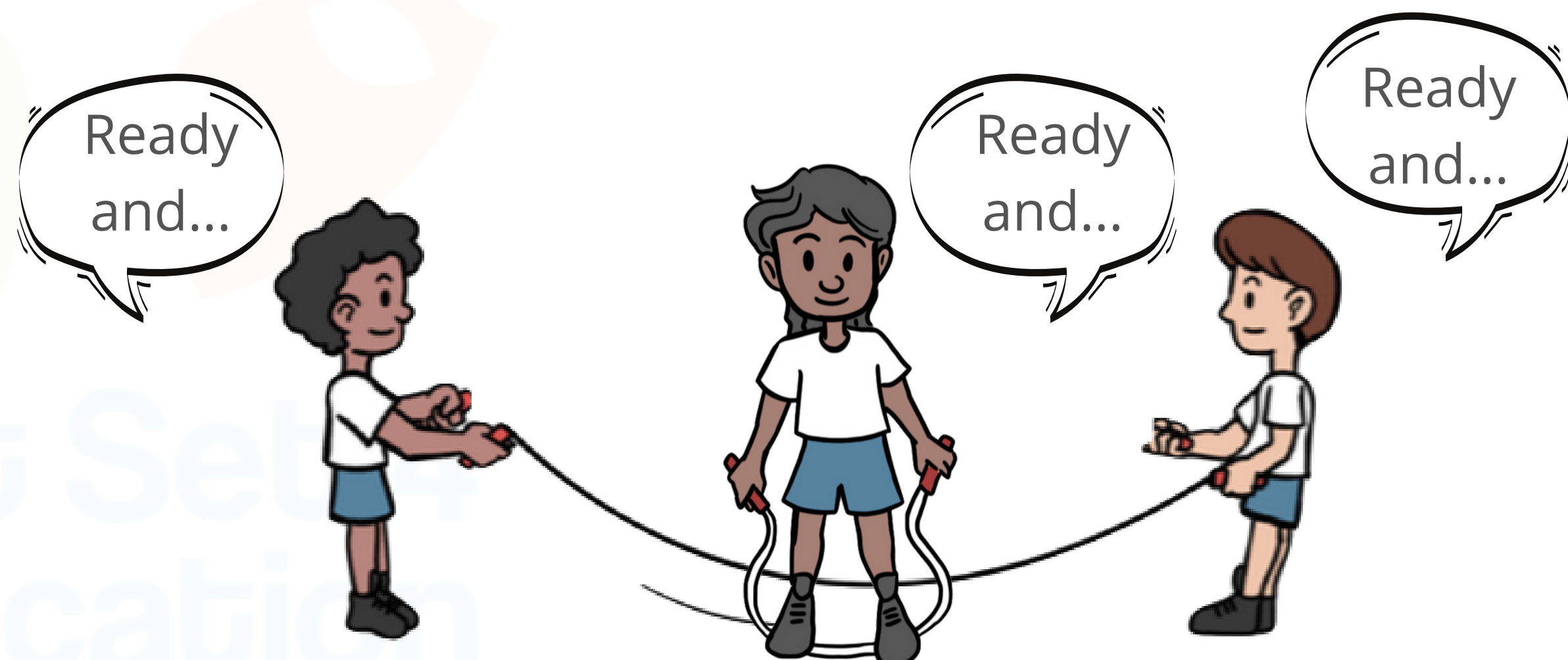
Double Rope

In a group of three. Take turns to skip with a short rope whilst the long rope is turning.

Start with both ropes behind your feet.

Equipment:

- 1 x short rope
- 1 x long rope

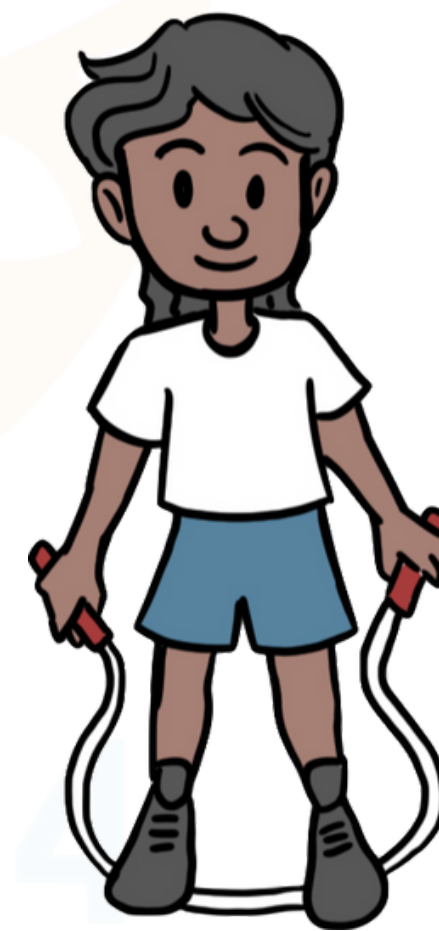


Top tip:
Say together 'Ready and...'

Skipping Sequence

Sunshine Challenge

Create a sequence using different ways to skip. You might want to use some of the individual challenges, pairs skipping and long rope skipping.



Equipment:

- 1 x short rope
- 1 x long rope

Top tips:

Decide how many times you will do each skill. If performing with friends, this will help you to stay in time!