



SKIPPING



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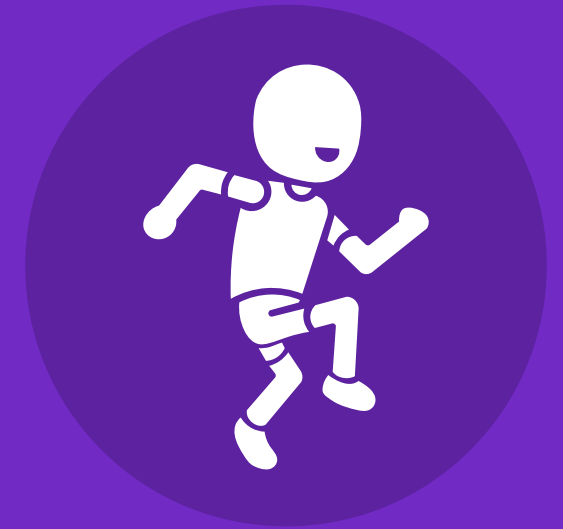
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I follow a **step-hop pattern** as I skip.



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I move **my arms in opposition to my legs** as I skip (i.e. busy-hand, busy-knee).



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I land softly on the **balls of my feet**.



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I lift my non-support knee **sharply** with each new skip.



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I can **maintain a rhythm** as I alternate my legs when I skip.



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