Rope-skipping year 1

Aim/Goal

Work together in pairs

Learn rope-skipping techniques

Learn technical terms about rope-skipping

Lesson

1. Get into pairs and go stand next to a rope (DEMO)
2. Running dictation
3. Hand-out a revise form (pick-up the form and show the form you filled in) Exchange with another pair and check the answers.
Points: start with 20. For every wrong word -1 and for every small mistake or wrong punctuation -1/2
4. Practice the exercises on the forms. One is doing the exercise and the other one is the coach. Don’t forget to swap around

Hold on to the rope and measure the length.

Keep your arms at an angle of ninety degrees.

The rope should touch the ground while you are holding it in your hands.

Page 1

Turn the rope and jump over it. Every time the rope goes round, you jump.

Use your wrists to turn the rope. Keep your elbows in, close to your waist.

Find a pace that suits you. You must maintain this speed for a long period of time.

Page 2



\_\_\_\_\_\_\_ \_\_ to the rope and

\_\_\_\_\_\_\_\_ the length.

Keep your arms at an \_\_\_\_\_ of ninety degrees.

The rope should touch the ground while you are \_\_\_\_\_\_\_ in your \_\_\_\_\_\_.

Page 1



Turn the rope and \_\_\_\_ \_\_\_it. Every time the rope \_\_\_\_\_ \_\_\_\_\_\_, you jump.

Use your \_\_\_\_\_\_ to turn the rope. Keep your \_\_\_\_\_ in, close to your \_\_\_\_\_\_

Find a \_\_\_\_ that suits you. You must \_\_\_\_\_\_ this speed for a \_\_\_\_\_\_\_ of time.

Page 2