



SKIPPING



Important Keys

- 1 I follow a step-hop pattern as I skip.
- 2 I move my arms in opposition to my legs as I skip (i.e. busy-hand, busy-knee).
- 3 I land softly on the balls of my feet.
- 4 I lift my non-support knee sharply with each new skip.
- 5 I can maintain a rhythm as I alternate my legs when I skip.

