

S 94

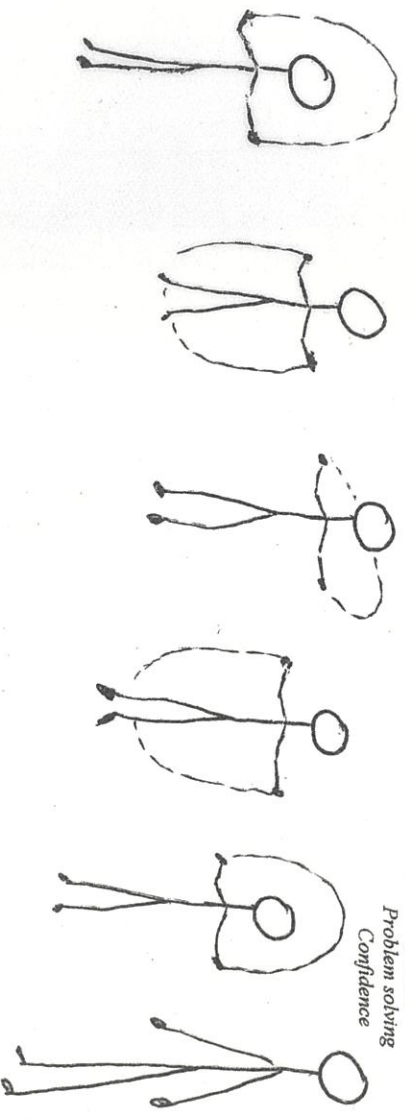
SKIPPING

OUTCOMES

MOTOR
Fitness

PERCEPTION
Rhythm

SKILL
*Problem solving
Confidence*



PROGRAM STATION *Introduce single skipping ropes. This to be a jumping activity with feet together at all times.*

SUB STATION *None required. All children to have a rope.*