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FLOOR SESSION Teach arm movement for single skipping rope. Some children will find this easier if they hold a stocking with a tennis ball in the bottom, in each hand and turn them as if they were a skipping rope. Capon tape "Chicken Fat" activity.

LANGUAGE (arms) out the side, over

INDIVIDUALIZING UP None required. Children who can already do this activity will enjoy simply skipping or doing a running skip.

INDIVIDUALIZING DOWN Put a rope (doubled) in each hand and let the child jump while moving the two ropes but without the problem of having to jump over them. This will give the child the "feel" for the skipping. When a rhythmic pattern has been developed, give the child the single rope again.

TECHNIQUES

Single rope skip Hold the arms straight out the side and turn from the elbow. Two jumps for every turn.

TEACHING POINTS When learning to skip with an individual rope, most children want to start with their hands over their shoulders and when they give the first swing of the rope their arms end up in a position behind the body, with does not allow a second swing. Children must start with arms out the side and start each swing from there. See individualizing down.

EVALUATION Can the child do at least 3 turns of the rope, jumping correctly?