

Move at Home: Skipping Workout 1

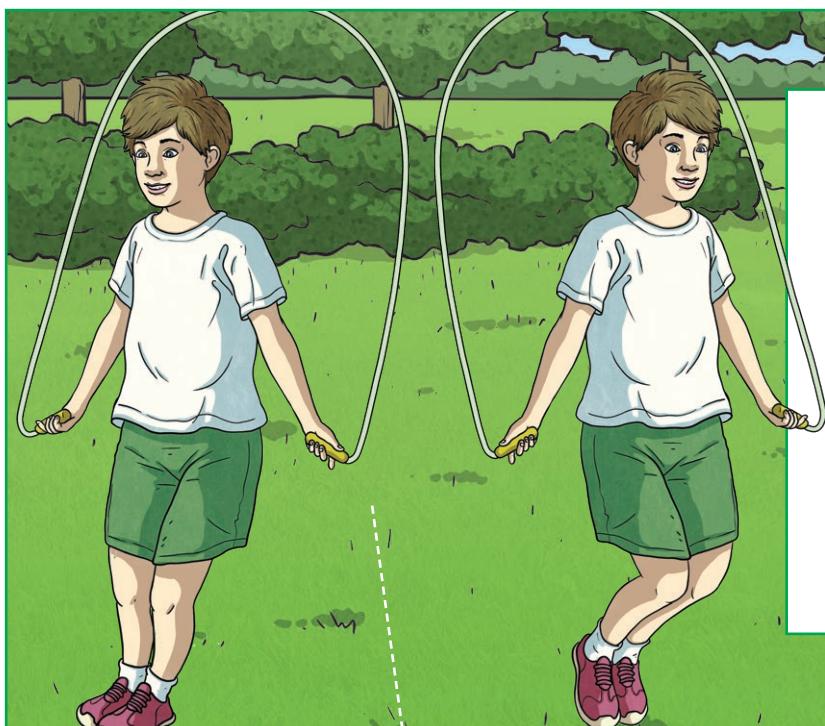


Single Bounce

- Bring the skipping rope over your head.
- Jump once over the rope as it comes towards the ground.
- You could try skipping in time to a favourite piece of music!

Double Bounce

- Bring the skipping rope over your head.
- Jump once over the rope as it comes towards the ground.
- As you bring the rope back up behind you, jump a second time.

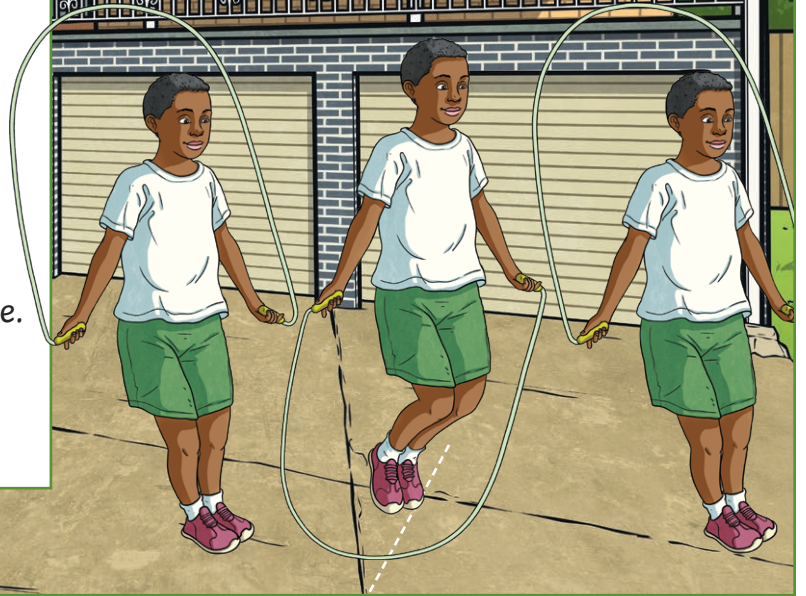


Skiing

- Mark a line on the ground using chalk, string or other marker. Make sure it won't trip you up!
- Stand next to the line. Jump over the rope and land on the other side of the line.
- Continue jumping side to side over the line as you skip.

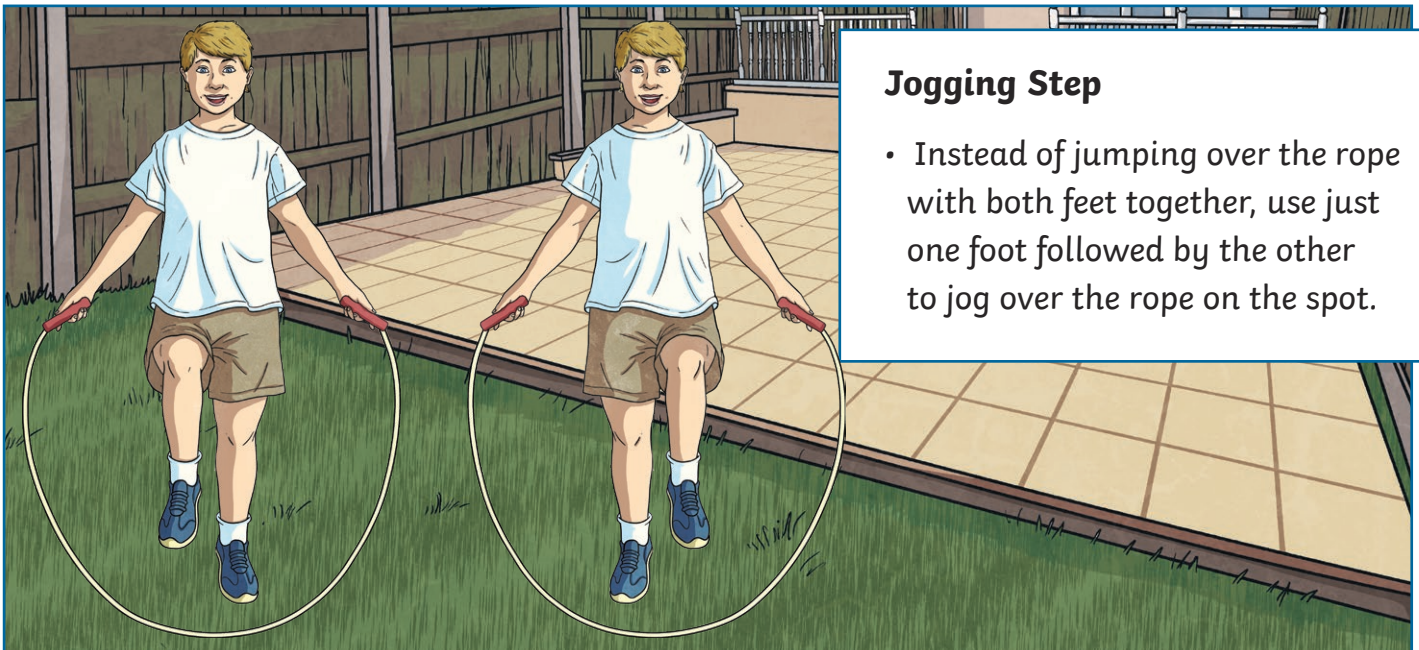
Back and Forth

- Mark a line on the ground using chalk, string or other marker. Make sure it won't trip you up!
- Stand behind the line. Jump forwards over the rope and land in front of the line.
- Continue jumping back and forth over the line.



Jogging Step

- Instead of jumping over the rope with both feet together, use just one foot followed by the other to jog over the rope on the spot.



Forward Motion

- Like the jogging step but take a step forward each time so that you can move in a forwards while jogging over the rope.

