

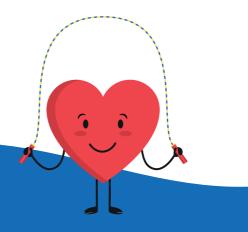


Skipping Skills Passport 2020

Name:	

Year: _____

School: _____



Examples of key outcomes for different year groups:

Reception

- Practise fundamental movement skills and movement sequences using different body parts.
- Identify and describe how the body moves in relation to effort, space, time, objects and people.
- Explore how regular physical activity keeps individuals healthy and well.

Year 1-2

- Perform fundamental movement skills in a variety of movement sequences and situations.
- Incorporate elements of effort, space, time, objects and people in performing simple movement sequences.
- Discuss the body's reactions to participating in physical activities.

Year 3-4

- Practise and refine fundamental movement skills in a variety of movement sequences and situations.
- Combine elements of effort, space, time, objects and people when performing movement sequences.
- Examine the benefits of physical activity to health and wellbeing.

Year 5-6

- Practise specialised movement skills and apply them in a variety of movement sequences and situations.
- Manipulate and modify elements of effort, space, time, objects and people to perform movement sequences.
- Participate in physical activities designed to enhance fitness, and discuss the impact regular participation can have on health and wellbeing.

Year 7

- Use feedback to improve body control and coordination when performing specialised movement skills in a variety of situations.
- Demonstrate and explain how the elements of effort, space, time, objects and people can enhance movement sequences.
- Participate in physical activities that develop health-related and skillrelated fitness components, and create and monitor personal fitness plans.





Steps to Success

BEGINNER



1. I can practise the skill

I have the physical skills necessary to perform the skill. I understand the movement I am trying to perform.



2. I can sometimes do it

I have successfully performed the skill at least once. I concentrate on the process of the skill when performing it.



3. I can perform it with ease

I can successfully perform the skill most times I try. I can perform the skill without thinking about it.



4. I can teach it to someone else

I can perform the skill with ease. I can explain the steps of learning the skill. I can assess someone else's success.

MASTER







Beginner

Basic Skills

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Skill (no rope)	am practising	I can sometimes do it	I can perform it with ease	I can teach it to someone else	Skill	am practising	I can sometimes do it	I can perform it with ease	I can teach it to someone else
10 x Jump with feet together					10 x forward circle with right hand				
10 x Jump side to side(also try double bounce)					10 x forward circle with left hand				
10 x Jump forward and backward(also try double bounce)					10 x backward circle with right hand				
10 x Scissor jumps					10 x backward circle with left hand				
x10 x 10 x hop on each foot					10 x figure of 8 (side swing)				





Basic Skipping Skills

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Skill	I am practising	I can sometimes do it	I can perform it with ease	I can teach it to someone else	Skill	I am practising	I can sometimes do it	I can perform it with ease	I can teach it to someone else
Single Bounce Cue: jump, jump, jump					Side Straddle Cue: out, in, out, in				
Double Bounce Cue: jump, bounce, jump, bounce					Straddle Cross Cue: out, cross, out, cross				
Backward Jump Cue: jump, jump, jump					Scissors Cue: left, right, left, right				
Skier Cue: left, right, left, right					Twist Cue: right, middle, left, middle				
Bell Cue: forward, backward					Advanced Twist Cue: right left, right left				





Basic Skipping Skills

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Skill	I am practising	I can sometimes do it	I can perform it with ease	I can teach it to someone else	Skill	I am practising	I can sometimes do it	I can perform it with ease	I can teach it to someone else
Switches Cue: cross, cross, cross					Heel-Toe Cue: heel, toe, heel, toe				
1 Leg Jump Cue: hop, hop					Single Side Swing & Jump Cue: swing, jump, swing, jump				
Jogging Step Cue: left, right, left, right					Double Side Swing & Jump Cue: left, right, open, jump				
Heel to Heel Cue: heel, heel, heel					Cross Cue: jump, cross, open				
Toe to Toe Cue: toe, toe, toe									





Create your own skipping routine

Try to link multiple skills in a sequence. You may like to do the basic jump between skills while you are practising.

ROUTINE 1	ROUTINE 2	ROUTINE 3	ROUTINE 4
Skill 1	Skill 1	Skill 1	Skill 1
Skill 2	Skill 2	Skill 2	Skill 2
Skill 3	Skill 3	Skill 3	Skill 3
Skill 4	Skill 4	Skill 4	Skill 4







Intermediate

Intermediate Skipping Skills

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Skill	I am practising	I can sometimes do it	I can perform it with ease	I can teach it to someone else	Skill	I am practising	l can sometimes do it	I can perform it with ease	I can teach it to someone else
Leg Swing Cue: swing left, swing right					Double Under Cue: one, two, three, double				
Peak-a-boo Cue: tap left, tap right					Criss Cross Cue: cross, jump, open, jump				
Kick Swing Cue: kick left, kick right					Backward Criss Cross Cue: jump, cross, open				
Can Can Cue: knee jump, kick jump					Side Swing Cross (Matador) Cue: right, cross, left, cross				
Squat Jump Cue: jump, squat, straddle					Forward 180° Turn Cue: jump, swing and turn, jump backwards				





Create your own skipping routine

Try to link multiple skills in a sequence. You may like to try linking the beginner skills with the intermediate skills you have learned.

ROUTINE 1	ROUTINE 2	ROUTINE 3	ROUTINE 4
Skill 1	Skill 1	Skill 1	Skill 1
Skill 2	Skill 2	Skill 2	Skill 2
Skill 3	Skill 3	Skill 3	Skill 3
Skill 4	Skill 4	Skill 4	Skill 4







Advanced

Advanced Skipping Skills

Skill	I am practising	/ I can sometimes do it	l can perform it with ease	्री I can teach if to someone else	Skill	□ I am practising	🐖 I can sometimes do it	I can perform it with ease	ुः। I can teach if to someone else
Backward Double Under Cue: one, two, three, double					Fling Cue: ankle, side, front				
Double Side Swing Double Under Cue: left, right, double under					Grapevine Cue: step, behind, step, kick				
Slow Push Up (Burpee) Cue: jump, squat, out, squat, jump					Dipsy Doodle Cue: bend, cross, flick, jump				
Shuffle Step Cue: heel, toe, heel, jump					Up and Under (Pretzel or Crougher) Cue: jump, under, jump, swing				
Razzle Dazzle Cue: jump, front knee, jump back knee					Wrap Around (E.B. Cross or Front-Back Cross) Cue: swing, cross, jump, open				





Create your own skipping routine

Try to link multiple skills in a sequence. You can include beginner, intermediate and advanced skills in each routine you create. Try doing the basic jump between skills while you are practising.

ROUTINE 1	ROUTINE 2	ROUTINE 3	ROUTINE 4
Skill 1	Skill 1	Skill 1	Skill 1
Skill 2	Skill 2	Skill 2	Skill 2
Skill 3	Skill 3	Skill 3	Skill 3
Skill 4	Skill 4	Skill 4	Skill 4





My Fitness Record

Each time you skip, record the date, time skipped and RPE in the table below. You can also log your skipping on your online fundraising page www.jumprope.org.au/parents.

DATE	TIME SKIPPED	RPE	DATE	TIME SKIPPED	RPE

RPE SCALE	RATE OF PERCEIVED EXERTION
0	Complete rest
1	Very light - Hardly any exertion, but more than sleeping, watching TV, etc.
2-3	Light - Feels like you can maintain for hours. Easy to breath and carry a conversation.
4-6	Moderate - Breathing heavily, can hold short conversation. Still somewhat comfortable, but becoming noticeably more challenging.
7-8	Vigorous - Borderline uncomfortable. Short of breath, can speak a sentence.
9	Very Hard - Very difficult to maintain exercise intensity. Can barely breath and only speak a few words.
10	Maximum Effort - Feels almost impossible to keep going. Completely out of breath, unable to talk. Cannot maintain for more than a short time.





Reflection

Describe how Jump Rope for Heart keeps you healthy:						





Reflection

Describe how your health and level of fitness has changed throughout the term. What effect do you think Jump Rope for Heart has had?



