## Skipping Skills Passport 2020

Name:
Year: $\qquad$
School: $\qquad$


## 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.

## al

Beginner

## Basic Skills

| Skill (no rope) |  |  |  |  |  |  |  |  |  |
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| $10 \times$ Jump with feet together |  |  |  |  |  |  |  |  |  |
|  |  |  |  |  |  |  |  |  |  |
| $10 \times$ Jump forward and backward(also try double bounce) |  |  |  |  | $10 \times$ backward circle with right hand |  |  |  |  |
| $10 \times$ Scissor jumps |  |  |  |  | $10 \times$ backward circle with left hand |  |  |  |  |
| 10 x hop on each foot |  |  |  |  | $\underset{\substack{10 \times \text { figure of } 8 \\ \text { (side swing) }}}{\substack{n}}$ |  |  |  |  |

## Basic Skipping Skills

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| Single Bounce <br> Cue：jump，jump，jump |  |  |  |  | Side Straddle <br> Cue：out，in，out，in |  |  |  |  |
| Double Bounce Cue：jump，bounce， jump，bounce |  |  |  |  | Straddle Cross <br> Cue：out，cross，out，cross |  |  |  |  |
| Backward Jump Cue：jump，jump，jump |  |  |  |  | Scissors <br> Cue：left，right，left，right |  |  |  |  |
| Skier <br> Cue：left，right，left，right |  |  |  |  | Twist Cue：right，middle，left， middle |  |  |  |  |
| Bell <br> Cue：forward，backward |  |  |  |  | Advanced Twist <br> Cue：right left，right left |  |  |  |  |

## Basic Skipping Skills

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| Skill | I am practising | $\begin{aligned} & \square \\ & 0 \\ & 0 \\ & 0 \\ & 0 \\ & 0 \\ & 0 \\ & 0 \\ & 0 \\ & 0 \\ & 0 \\ & 0 \\ & =0 \end{aligned}$ | 2 8 0 0 0 0 0 3 7 5 5 8 8 0 0 | I can teach it to someone else | Skill | 6u!s!९pıd ub I | ! op seu!ןeuos upo I | I can perform it with ease |  |
| Switches <br> Cue：cross，cross，cross |  |  |  |  | Heel－Toe <br> Cue：heel，toe，heel，toe |  |  |  |  |
| 1 Leg Jump Cue：hop，hop，hop |  |  |  |  | Single Side Swing \＆Jump Cue：swing，jump，swing， jump |  |  |  |  |
| Jogging Step <br> Cue：left，right，left，right |  |  |  |  | Double Side Swing \＆Jump <br> Cue：left，right，open，jump |  |  |  |  |
| Heel to Heel <br> Cue：heel，heel，heel，heel |  |  |  |  | Cross <br> Cue：jump，cross，open |  |  |  |  |
| Toe to Toe <br> Cue：toe，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 3 |  |  | Skill 2 |
| Skill 4 | Skill 3 | Skill 3 |  |
|  |  |  | Skill 3 |



## intermediate

## Intermediate Skipping Skills

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| Skill | 6u!s!⿰⿱宀㠯犬d up I | $\begin{aligned} & - \\ & 9 \\ & 0 \\ & 0 \\ & 0 \\ & 0 \\ & 0 \\ & 0 \\ & 0 \\ & 8 \\ & 0 \\ & 0 \\ & 0 \\ & =0 \end{aligned}$ | I can perform it with ease |  | Skill |  | $\begin{aligned} & - \\ & 0 \\ & 0 \\ & 0 \\ & 0 \\ & 0 \\ & 0 \\ & \frac{1}{3} \\ & 8 \\ & 0 \\ & 0 \\ & 0 \\ & =0 \end{aligned}$ | $\begin{aligned} & 9 \\ & 0 \\ & 0 \\ & 8 \\ & 0 \\ & 0 \\ & 0 \\ & 0 \\ & 5 \\ & 5 \\ & 5 \\ & 5 \\ & 8 \\ & 8 \\ & \hline 8 \end{aligned}$ |  |
| Leg Swing <br> Cue：swing left，swing right |  |  |  |  | Double Under Cue：one，two，three， double |  |  |  |  |
|  |  |  |  |  | Criss Cross <br> Cue：cross，jump，open， jump |  |  |  |  |
| Kick Swing <br> Cue：kick left，kick right |  |  |  |  | Backward Criss Cross <br> Cue：jump，cross，open |  |  |  |  |
| Can Can <br> Cue：knee jump，kick jump |  |  |  |  | Side Swing Cross <br> （Matador） <br> Cue：right，cross，left，cross |  |  |  |  |
| Squat Jump <br> Cue：jump，squat，straddle |  |  |  |  | Forward $180^{\circ}$ 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 3 |  |  | Skill 2 |
| Skill 4 | Skill 3 | Skill 3 | Skill 3 |
|  |  | Skill 4 |  |



Advanced

## Advanced Skipping Skills

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| Skill | $\begin{aligned} & \overline{0} \\ & \frac{3}{3} \\ & 0 \\ & 0 \\ & 0 \\ & \frac{1}{2} \\ & \frac{0}{B} \\ & 6 \end{aligned}$ | ! op seu!!euos ub૭ I | espe प!м ఛ! uıoped upo I |  | Skill | $\begin{aligned} & \overline{0} \\ & \frac{3}{3} \\ & 0 \\ & \mathbf{0} \\ & \frac{1}{6} \\ & \frac{0}{3} \\ & 6 \end{aligned}$ |  |  |  |
| Backward Double Under <br> Cue：one，two，three， double |  |  |  |  | Fling <br> Cue：ankle，side，front |  |  |  |  |
| Double Side Swing Double Under <br> Cue：left，right，double under |  |  |  |  | Grapevine <br> Cue：step，behind， step，kick |  |  |  |  |
| Slow Push Up（Burpee） Cue：jump，squat，out， squat，jump |  |  |  |  | Dipsy Doodle <br> Cue：bend，cross， flick，jump |  |  |  |  |
| Shuffle Step <br> Cue：heel，toe，heel，jump |  |  |  |  | Up and Under （Pretzel or Crougher） <br> Cue：jump，under，jump，swing |  |  |  |  |
| Razzle Dazzle <br> Cue：jump，front knee， jump back knee |  |  |  |  | 13 <br> Wrap Around（E．B．Cross or Front－Back Cross） <br> 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 3 |  |  | Skill 2 |
| Skill 4 |  | Skill 3 |  |

## 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 |
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## RPE SCALE RATE OF PERCEIVED EXERTION

| $\mathbf{0}$ | Complete rest |
| :---: | :--- |
| $\mathbf{1}$ | 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 <br> conversation. |
| 4-6 | Moderale - Breaihing heavily, can hold short conversalion. Still somewhat <br> comfortable, but becoming noticeably more challenging. |
| $\mathbf{7 - 8}$ | Vigorous - Borderline uncomforiable. Short of breath, can speak a sentence. |
| 9 | Very Hard - Very difficult to maintain exercise intensity. Can barely breath and <br> only speak a few words. |
| $\mathbf{1 0}$ | Maximum Efiort - Feels almost impossible to keep going. Completely out of <br> breath, unable to talk. Cannot maintain for more than a short time. |

## Reflection

Describe how Jump Rope for Heart keeps you healthy:
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## 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?
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