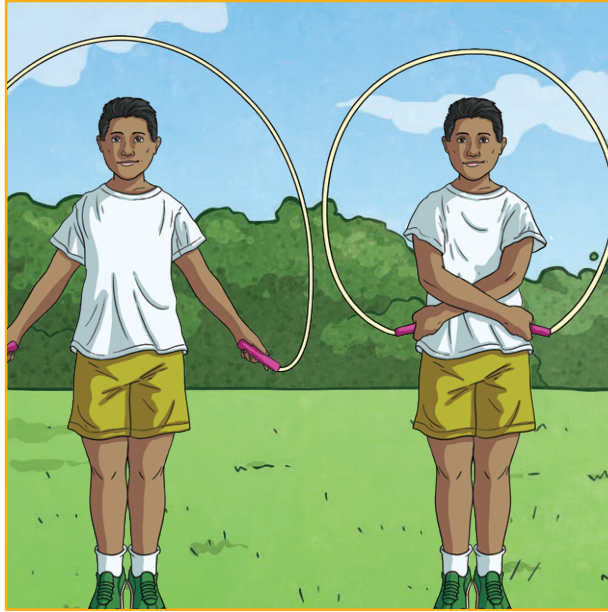


Move at Home: Skipping Workout 2



Criss-Cross

- Hold the rope behind you, as you normally would, to start.
- Complete a 'normal' skip.
- As the rope comes over your head again, cross your arms over so that your hands are by your hips.
- Jump the rope as it comes down to your feet.
- Repeat this pattern and keep it up!

Face to Face

- You will need someone who lives with you to help with this activity!
- Stand close together and face to face.
- The taller person should hold the rope.
- Bring the rope over both your heads.
- Both jump over the rope at the same time.

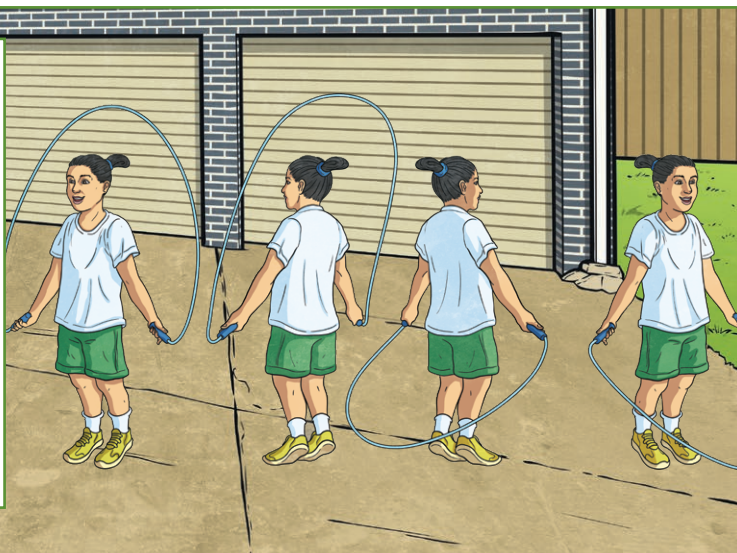


Skiing

- Mark a line on the ground using chalk. Alternatively, place a piece of string or other marker on the ground. Make sure it won't trip you up.
- Stand to one side of the line and jump over the rope, landing on the other side of the line.
- Continue jumping side to side over the line.

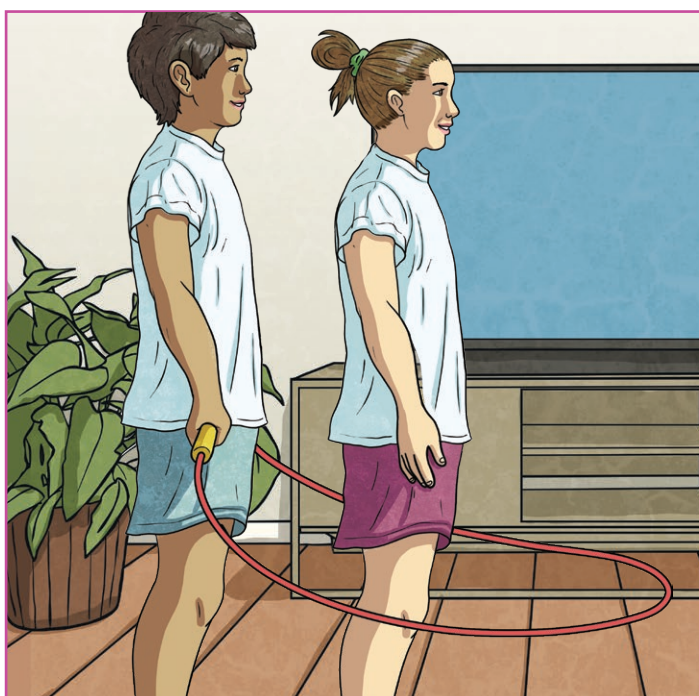
Full Circle

- Jump over the rope facing forwards.
- Try to turn your body slightly so that you land facing in a slightly different direction but still in the same spot.
- Continue jumping and turning your body.
- Can you turn in a full circle?



Back to Front

- You will need someone who lives with you to help with this activity!
- Stand close together and back to front.
- The taller person should hold the rope.
- Bring the rope over both your heads. Both jump over the rope at the same time.



High Low

- Stand up straight and skip normally.
- When you feel ready, try to crouch a bit lower and continue skipping.
- Then stand up straight again. Keep skipping.
- Can you do three high skips and three low skips?

