

# 22 Short rope stunts

## Skipping



### Age range

- 4-14.

### Group size

- Any.

### What you need

- Short skipping ropes.

### Safety points

- Wear supportive trainers.
- Make sure there is enough space to skip safely.
- Warm up before and cool down after skipping.
- Bend your knees when you land.
- Heels should touch the ground frequently.
- Don't wrap ends of skipping rope around hands to shorten it – tie a knot in the end of the rope.

### Easier

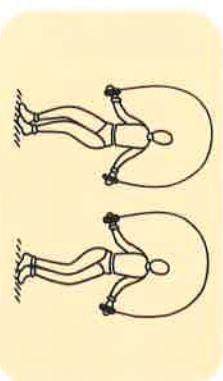
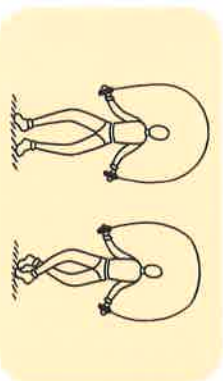
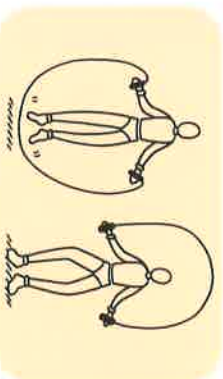
- Practise stunts without a rope.

### Harder

- Try making up your own short rope stunts.

### Younger children

- Jump along a rope placed on the ground. Avoid landing on it.
- Use your rope to make different shapes on the ground. Jump in and out of shapes.
- Rope activities (see activity 100).



### Basic two-foot jump

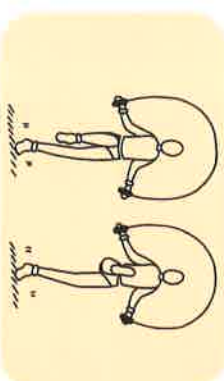
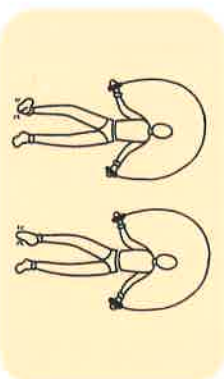
- Take off and land with both feet together.
- Keep knees soft on landing.
- Keep jumping height low.

### X-its

- Jump with feet shoulder width apart.
- Bring feet together and cross them.
- Alternate the foot that crosses in front.

### Twister

- Twist hips to one side.
- Twist hips to other side.
- Keep upper body facing forwards.



### Heel toe tap

- Tap one heel out in front.
- Tap toe of same foot out in front.
- Repeat with the other foot.

### Can-Can

- Lift one knee up high.
- Jump with both feet together.
- Kick the same leg out in front.
- Repeat with the other foot.

### Practise skills without a rope first

- Check the skipping rope is the correct length. Hold both handles and stand on the middle of the rope with both feet. If the rope is the correct length, the handles will come up to your armpits.
- Using lively music can help make skipping more fun. It can also help you to gain a sense of rhythm.