

Taroona Daily Fitness

A daily fitness program for schools

SKIPPING					Weekly Plan
Warm Up	Monday	Tuesday	Wednesday	Thursday	Friday
	<p>Legs</p> <ul style="list-style-type: none"> - normal - touch knees with hands - lift heels - heels up and touch with hands - star jumps <p>Followed by stretches</p>	<p>Arms and Legs</p> <ul style="list-style-type: none"> - Marching on spot - Toe touching Touch toes with opposite hand - Heel touches Lift heels behind and touch with opposite hand - Side touches Extend leg out to side - Knee touches Right hand to Left knee, Right elbow to Left knee <p>Followed by stretches</p>	<p>Legs</p> <ul style="list-style-type: none"> - on spot - squares - 4 steps forwards / 4 steps backwards - side to side - grapevine <p>Arms</p> <ul style="list-style-type: none"> - swinging - bicep curls - bicep and triceps - elbows together in front of body <p>Followed by stretches</p>	<p>Legs</p> <ul style="list-style-type: none"> - normal - touch knees with hands - lift heels - heels up and touch with hands - star jumps <p>Followed by stretches</p>	<p>Arms and Legs</p> <ul style="list-style-type: none"> - Marching on spot - Toe touching Touch toes with opposite hand - Heel touches Lift heels behind and touch with opposite hand - Side touches Extend leg out to side - Knee touches Right hand to Left knee, Right elbow to Left knee <p>Followed by stretches</p>
	INDIVIDUAL SKIPPING SKILLS	SKIPPING WITH PARTNER	LONG ROPES	SKIPPING CIRCUIT	GAMES
Conditioning	<p>GROUP 1 (early skippers)</p> <p>Basic Skipping (leaders to help students having difficulties)</p> <p>Forwards / backwards Running and skipping</p> <p>GROUP 2 (advanced skippers)</p> <ol style="list-style-type: none"> 1. Basic skipping 2. Side Straddles 3. Cross arms 4. Bell 5. Skier 6. Other individual skipping skills 	<p>GROUP 1 (early skippers)</p> <p>Basic Skipping (leaders skip with students)</p> <p>Forwards / backwards Running and skipping</p> <p>GROUP 2 (advanced skippers)</p> <p>Skipping with partner</p> <ol style="list-style-type: none"> 1. Face to Face 2. Link Skipping 3. Helicopter 4. Side by Side 5. Other partner skipping skills 	<p>GROUP 1 (early skippers)</p> <ol style="list-style-type: none"> 1. Jump the wiggly snake 2. Students run through ropes, then run out. Students run in and jump rope 3. How far can students skip through alphabet <p>GROUP 2 (advanced skippers)</p> <p>- Two Stations</p> <ol style="list-style-type: none"> 1. Teddy Bear 2. Double Dutch <p><i>Change groups every 4 minutes</i></p>	<p>Divide class into groups of 4-6 children – work with partner</p> <ol style="list-style-type: none"> 1. How many skips in 1 minute 2. How many cross arms or double unders in one minute 3. How many times can a group run under the rainbow (run under one at a time) 4. Skipping shuttle run (skipping to a line and back) <p><i>Change groups every 2 minutes</i></p>	<ol style="list-style-type: none"> 1. Skipping competition 2. Catch partner's tail (use folded rope)
Cool Down	Gentle Stretching	Gentle Stretching	Gentle Stretching	Gentle Stretching	Gentle Stretching