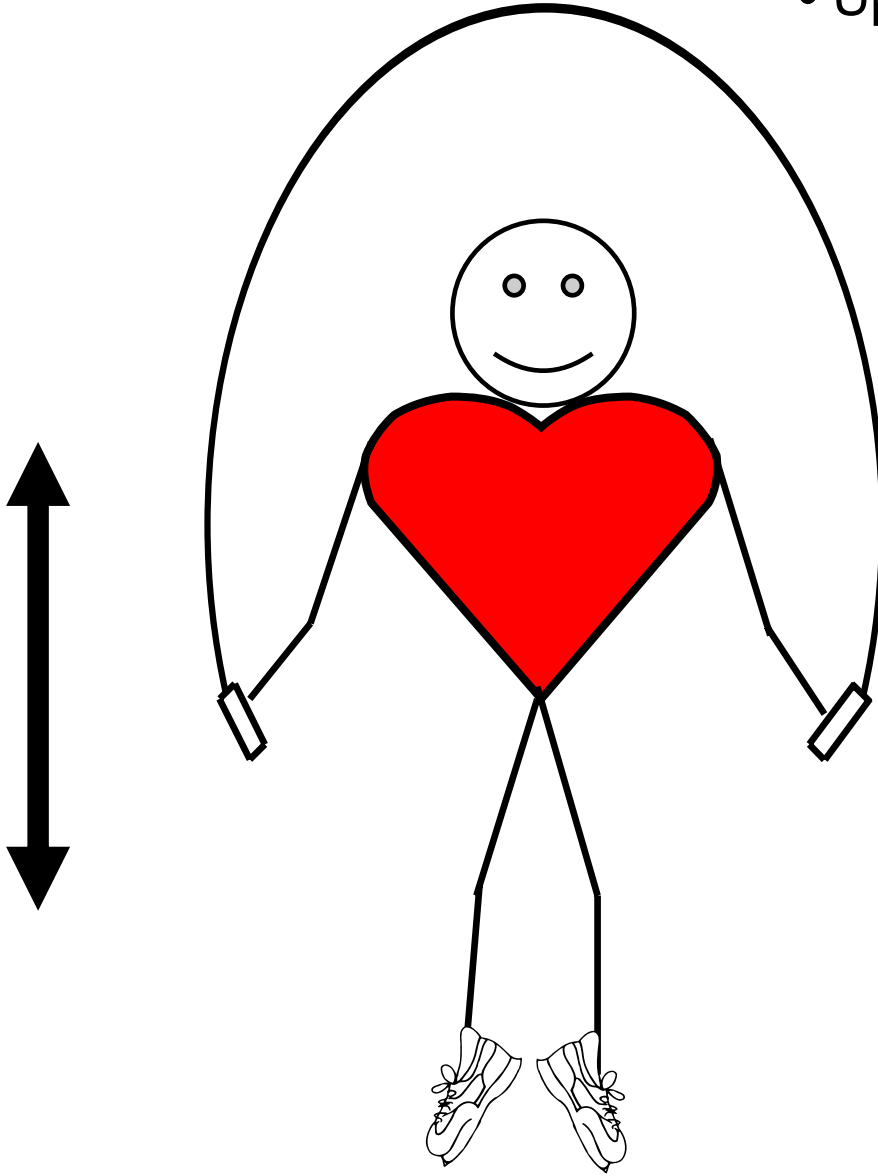


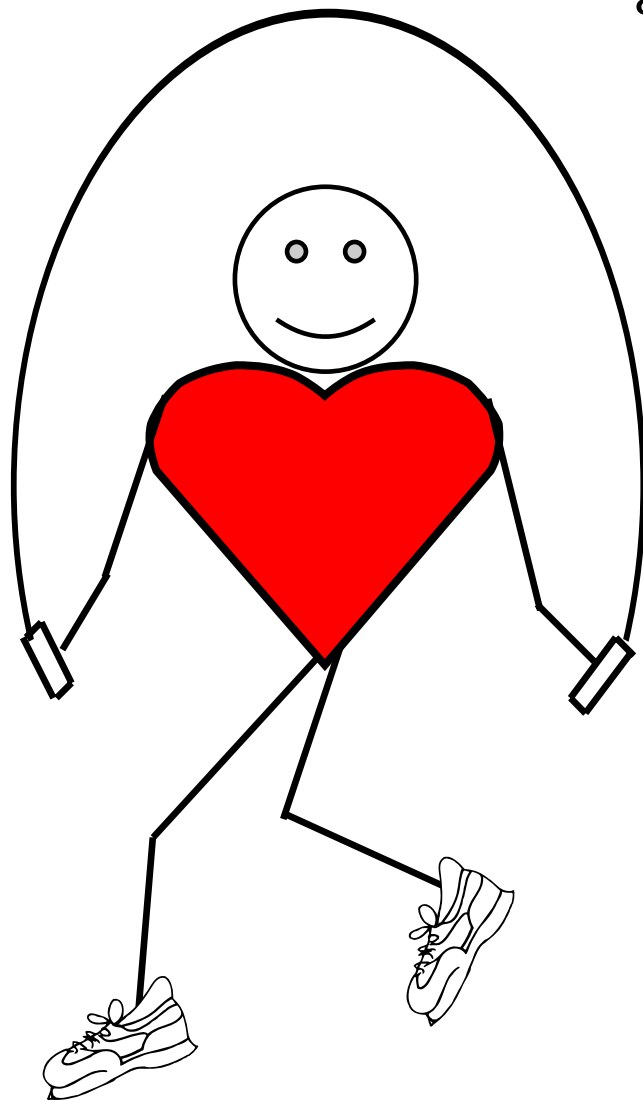
2 Foot Bounce

- Forward skip
- Both feet together
- Up & down on spot



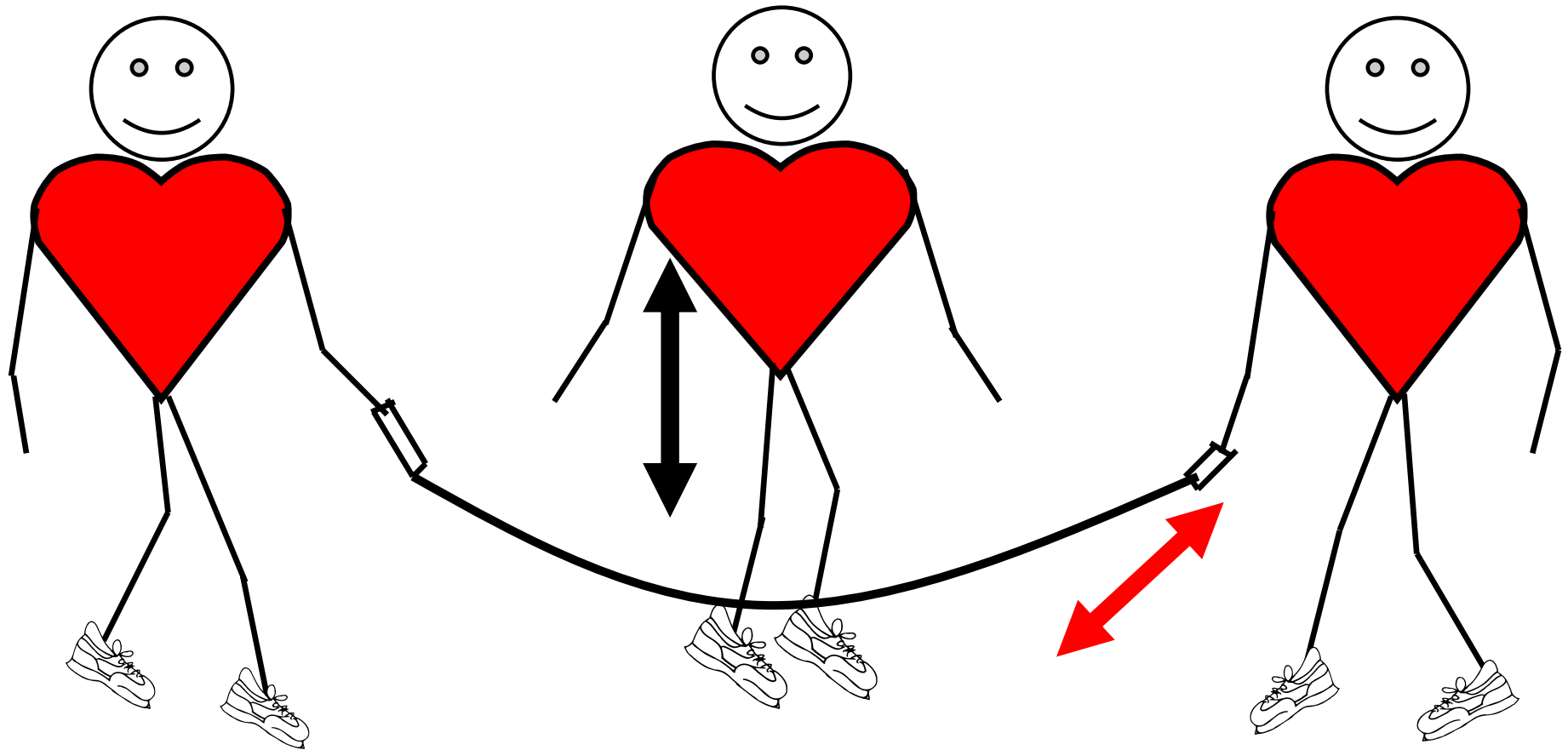
Jogging Skip

- Forward skip
- Jogging action one foot after the other after the other



2 Foot Bounce over swinging rope

- Two people hold ends of rope and swing the rope side to side
- Person in middle skips over the rope using the '2 foot bounce'



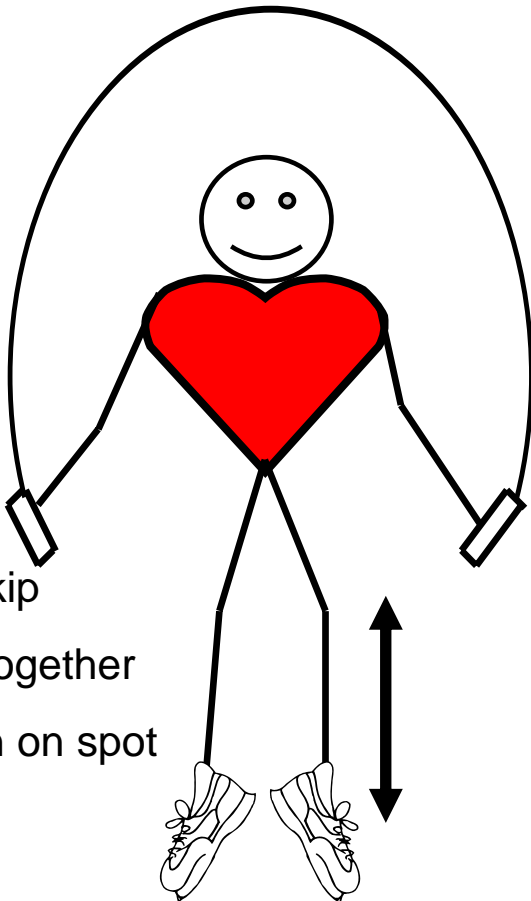
Skipping Challenge

How many skips can you do in 30 seconds?

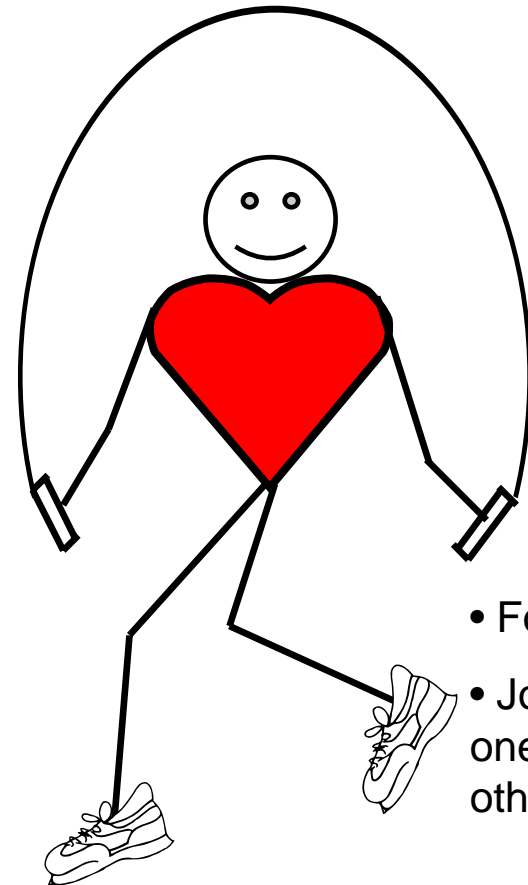
2 foot bounce

Jogging skip

OR



- Forward skip
- Both feet together
- Up & down on spot



- Forward skip
- Jogging action one foot after the other

Skip over ropes on floor

Using 2 foot bounce skip over ropes laid out on the floor

