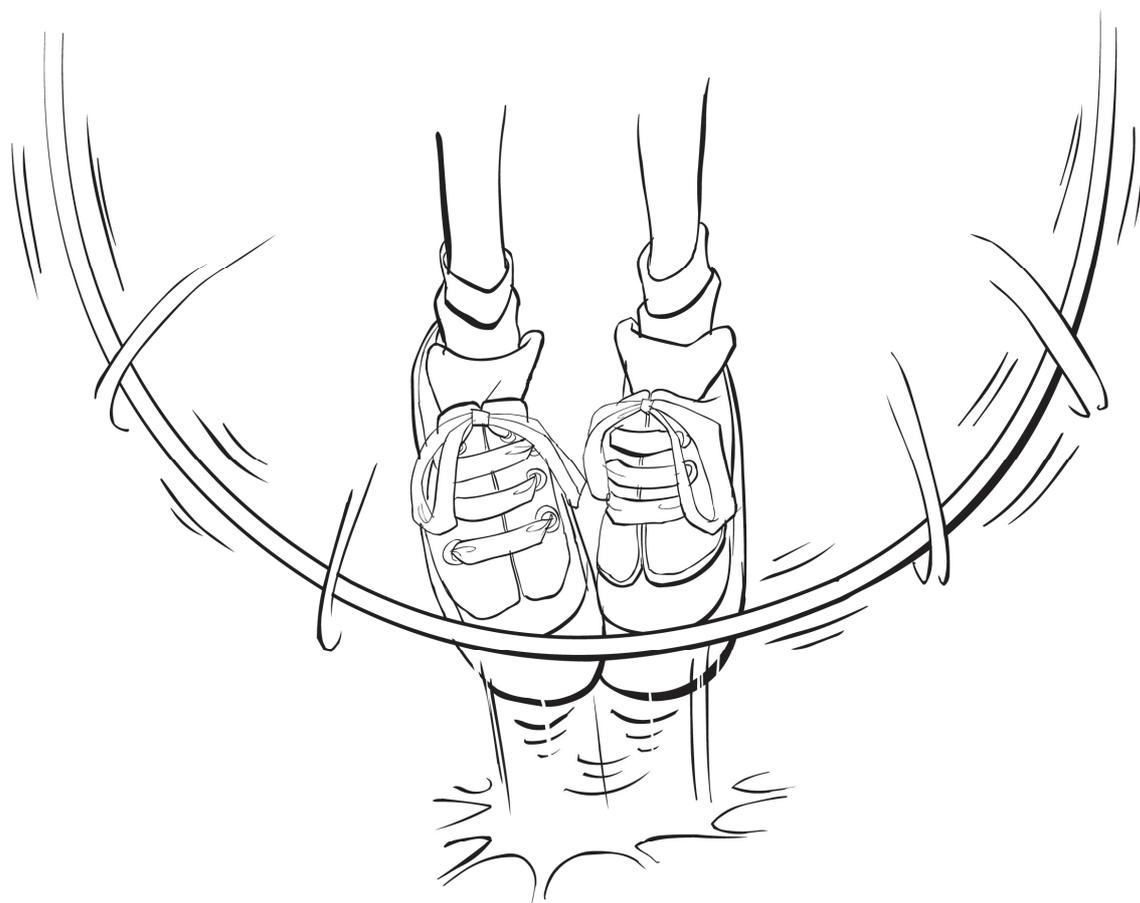


Active Schools Skipping Challenge

Teachers Notes



Introduction

Skipping is a fantastic activity for young people; it develops heart and lung fitness, co-ordination, balance, concentration – the list goes on!

One of the most positive aspects of a skipping programme is the massive improvements that young people can make in a short space of time – from being incapable of completing a couple of turns to competence can generally be achieved by regular practice. A key element in long term health is 'load bearing' activities such as skipping, running and walking. This encourages the development of bone density which is particularly significant for young girls, assisting with the prevention of conditions such as osteoporosis. Skipping also encourages healthy habits and shows children that keeping fit can be fun.

The aim of this project is to encourage all pupils on P4-P7 (Girls & Boys) to skip for a period of time every day for 4 weeks. Pupils will tick their wall chart in the classroom for everyday they have skipped. This could be done at break time, lunch time etc. At the end of every week each pupil will be challenged to skip for two minutes non-stop. They will then record their progression over the four week period. This could be done in pairs – with the partner counting the number of skips and then alternating. It would be great if teachers would get involved too – there are no better role models for young people - to see that physical activity is 'normal' for everyone! We will provide a simple warm up that can be used before the weekly timed skip.

Active Schools will supply your school with a wall chart for each classroom and enough Skipping Ropes for every pupil in P4, 5, 6 & 7 and a CD containing timed 2 minute music clips.

Your Active Schools Coordinator will offer an introductory talk and session to kick start the project

The Benefits of Skipping

Encouraging children in your classroom to take part in the Active Schools Skipping Project is simple; start by informing them of the number of health benefits including:

- Improved cardio vascular fitness
- Increased muscular strength
- Better endurance
- Improved body conditioning
- Improved coordination
- Stronger bones

Skipping can also improve your skills:

- Better timing and rhythm
- Improved balance
- Improved agility

Skipping may also bring additional benefits including:

- Increase in social skills through interacting with others
- Increase in self esteem through an easy to learn skill
- Fun and educational
- Opportunities to be creative

For the boys who may need some extra persuasion, talk about boxing and the importance of skipping as part of their training regime.

Active Schools Skipping Challenge Warm Up

Carry out this 3/4 minute warm up and stretch routine before each Friday Skipping Challenge. Using cones or playground markings set out an area where pupils will perform their warm up. We are happy to demonstrate this for you! Most of these exercises can be performed indoors too.

1. Straight ahead jogging or jog on spot - 15 seconds
2. Shoulders forward - Straight ahead skip with your arms moving around and forward from the shoulders - 15 seconds.
3. Shoulders back - Straight ahead skip - arms moving around and backwards from the shoulders - 15 seconds.
4. High Knees - Straight ahead jogging and on the teachers command pupils perform knees-up on the spot. Knees 90 degrees, arms pumping at the side - 15 seconds.
5. Heel Flicks - Straight ahead jogging and on the teacher's command pupils flick their heels towards their bottom – 15 seconds.

Mobility Exercises

Shoulder Circles

- Stand tall with good posture
- Raise your right shoulder towards your right ear, take it backwards, down and then up again with a smooth rhythm
- Perform this shoulder circling movement eight times and then repeat eight times in a forward direction and then same with the left other shoulder

Arm Circles

- Stand tall with good posture
- Lift one arm forward then take it backwards in a continuous circling motion, keeping your spine long throughout
- Perform this arm circling movement eight times, before repeating with the other arm and then repeating in opposite direction
- Avoid the tendency to arch your spine whilst carrying out the circling movement

Hip Circles

- Stand tall with good posture
- Have your feet slightly wider than hip-width apart, knees slightly bent, hands resting on hips
- Keeping your spine long and your hips facing forward, turn smoothly and slowly round to one side, then the other
- Repeat the sequence eight times in each direction

Ankle Circles

- Stand tall with good posture
- Have your feet slightly wider than hip-width apart, knees slightly bent
- Keeping your spine long and your hips facing forward, lift the right ankle and turn smoothly in a clockwise direction eight times and the same anti clockwise
- Repeat the sequence with the left ankle

Active Schools Skipping Challenge – Future Progressions

Upon completion of the 4 week Skipping Challenge there are a number of alternative ideas to enable pupils to continue skipping and progress their skills...??

- Encourage pupils to continue to improve on their 2 minute scores

- Encourage pupils to learn skipping rhymes
 - Look up <http://www.skip-hop.co.uk/skipping-rhymes-c21.html>

- Encourage pupils to make up their own skipping rhymes

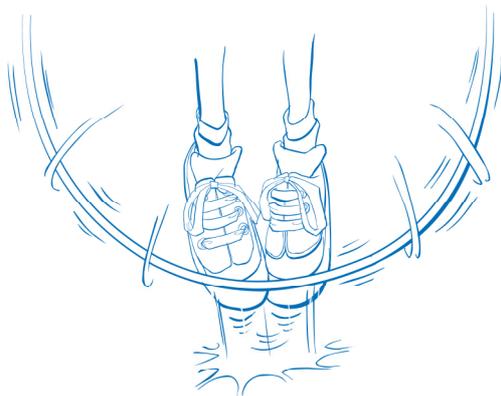
- Encourage pupils to research playground games of older generations
 - Speak to parents, grandparents & relatives about their experiences

- Encourage pupils to learn skipping activities using 'double dutch' ropes for fun
 - Using the longer ropes pupils work in pairs to keep the rope going whilst someone skips in between
 - Introduce a second rope when pupils are confident using one

- Encourage pupils to try and learn some skipping tricks, as shown in the David Hayes boxing video provided

- Liaise with other schools to see how many total skips they managed throughout the challenge

- Pupils could organise a skipping event for charity ie. A Sponsored 'Skip-a-thon'
 - Ie. British Heart Foundation - <http://www.bhf.org.uk/get-involved/events/schools-and-youth-groups/jump-rope-for-heart.aspx>



Active Schools Skipping Challenge & A Curriculum for Excellence

Curriculum Levels: First & Second

Health & Wellbeing

FIRST

SECOND

Mental, Emotional, Social & Physical Wellbeing

HWB 1-15a

HWB 2-15a

HWB 1-16a

HWB 2-16a

HWB 1-18a

HWB 2-18a

Planning for Choices & Change

HWB 1-19a

HWB 2-19a

Physical Education

HWB 1-21a

HWB 2-21a

HWB 1-22a

HWB 2-22a

HWB 1-23a

HWB 2-23a

HWB 1-24a

HWB 2-24a

Physical Activity & Sport

HWB 1-25a

HWB 2-25a

HWB 2-26a

Physical Activity & Health

HWB 1-27a

HWB 2-27a

HWB 1-28a

HWB 2-28a

Relationships, Sexual Health & Parenthood

HWB 1-45b

HWB 2-45b

HWB 1-48a

Active Schools Skipping Challenge & A Curriculum for Excellence (contd)

Skipping Challenge Activities	
Aims	Description
<ul style="list-style-type: none">• Increase awareness of physical activity• Increase levels of physical activity• Promote skipping as an alternative physical activity• Increase fitness levels of children• Increase number of positive role models for children• Create an opportunity for pupils to interact and work as an individual and as a team• Engage children in structured physical activity through a positive and fun experience	<p>Skipping is a fantastic activity for young people; it develops heart and lung fitness, co-ordination, balance, concentration – the list goes on!</p> <p>One of the most positive aspects of a skipping programme is the massive improvements that young people can make in a short space of time – from being incapable of completing a couple of turns to competence can generally be achieved by regular practice. A key element in long term health is ‘load bearing’ activities such as skipping, running and walking. This encourages the development of bone density which is particularly significant for young girls, assisting with the prevention of conditions such as osteoporosis. Skipping also encourages healthy habits and shows children that keeping fit can be fun.</p>
Outcomes	
<ul style="list-style-type: none">• Increase extra curricular physical activity• Develop motor skills• Develop sport-specific skills• Increase opportunities for pupils to engage in physical activity	

Active Schools Skipping Challenge & A Curriculum for Excellence (contd)

Skipping Challenge Activities Cross-curricular Links

Health and Wellbeing

- Exploring a new sporting activity
- Experience of using new equipment
- Effects of physical activity on body, breathing, pulse rate etc
- Motor development (balance, posture, coordination)

Literacy and English

- Recording participation & skips on classroom wall chart
- Reading challenge instructions & rules
- Communication with peer group
- Creating own skipping rhymes

Expressive Arts

- Movement to music

Maths and Numeracy

- Counting number of skips within the 2 minute time frame
- Counting skills (rhythm, number of steps)
- Comparing scores – progress through the 4 weeks
- Working with time – ie. how many skips in 5 minutes
- Calculate average skips per minute
- Graphs / Pie Charts of progress – individual & class
- Calculate total no. of skips by class over course of challenge

Religious and Moral Education

- Encourage fair & safe play in playground
- Respect for other playground users
- Encourage pupils to help & support their peers through challenge

Science

- How the body works

Social Studies

- Discussion of playground activities of older generations
- Following & understanding rules
- Being responsible citizens in playground ie. Safe play
- Respecting personal space & boundaries

Technologies

- Computer work to provide graphs / pie charts etc for progress for each day / week of the challenge