

ACTIVITY SHEETS

PVC SKIPPING ROPES

TWIRL 'N' JUMP

Suitable for Prep to Year 3 students, the following stunts can be performed using activity stations or with your whole class. Various stunts will help co-ordination, jumping ability and fitness.

TWIRL 'N' JUMP ACTIVITIES:

Use right hand to circle the rope in a clockwise direction. Try to jump over the rope.

Use right hand to circle the rope in a counter-clockwise direction. Try to jump over the rope.

Repeat the above using the left hand.

Have one turner and one jumper, both try to jump the rope as it circles under the feet.

Take turns.

Twirl "N" Jump while moving forwards, backwards.