



## SKIPPING X'S & O'S



### CHALLENGE

Engaging in tricky things helps us to grow, learn and, connect with others.

### Activity overview

Test out your skipping skills with this twist on the traditional noughts and crosses game


### Equipment required

Skipping rope

### Time required

30 mins

Skipping is an excellent aerobic activity to get your body moving, build your hand-eye coordination and engage your brain. The aim is of this challenge is to get three activities in a row either horizontally, vertically or diagonally. Play this on your own, or pitch your skills against a partner.

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|---|---|---|
| <p><b>Criss-cross arms</b></p> <ul style="list-style-type: none"> <li>• Cross arms until elbows touch and JUMP</li> <li>• Uncross arms to open rope and JUMP</li> </ul> <p><i>Keep hands low<br/>Hold the handles right at the end</i></p> <p><b>X 20</b></p>     | <p><b>Skier jump</b></p> <ul style="list-style-type: none"> <li>• JUMP to the left</li> <li>• JUMP to the right</li> </ul> <p><i>Keep feet together<br/>Move feet sideways</i></p> <p><b>X 20</b></p>   | <p><b>Two foot jump FORWARD</b></p> <p>As you turn the rope:</p> <ul style="list-style-type: none"> <li>• JUMP on both feet</li> <li>• Rope spins forwards</li> <li>• Land on the balls of feet</li> </ul> <p><i>Elbows in<br/>Feet together</i></p> <p><b>X 20</b></p>                                 |
| <p><b>Jogging step</b></p> <p>As you turn the rope:</p> <ul style="list-style-type: none"> <li>• Step over with left foot</li> <li>• Step over with right foot</li> </ul> <p><i>Alternate feet<br/>Pretend you are jogging on the spot</i></p> <p><b>X 20</b></p> |  <p><b>FREE CHOICE</b></p>  | <p><b>Double side swing and JUMP</b></p> <ul style="list-style-type: none"> <li>• Swing the rope on the right</li> <li>• Swing the rope on the left</li> <li>• JUMP over the rope with two foot jump</li> </ul> <p><i>Hands together to swing rope<br/>Feet together to jump</i></p> <p><b>X 20</b></p> |
| <p><b>Heel to Heel</b></p> <p>As you turn the rope:</p> <ul style="list-style-type: none"> <li>• JUMP and touch right heel to floor</li> <li>• JUMP and touch left heel to floor</li> </ul> <p><i>Heel touches the floor in front</i></p> <p><b>X 20</b></p>      | <p><b>Two foot jump BACKWARD</b></p> <p>As you turn the rope:</p> <ul style="list-style-type: none"> <li>• JUMP on both feet</li> <li>• Rope spins backwards</li> <li>• Land on the balls of feet</li> </ul> <p><i>Elbows in<br/>Feet together</i></p> <p><b>X 20</b></p> | <p><b>Double under jump</b></p> <ul style="list-style-type: none"> <li>• JUMP high</li> <li>• Turn rope twice under feet</li> <li>• Land softly</li> </ul> <p><i>Quick wrist action<br/>2 jumps then double</i></p> <p><b>X 10</b></p>  |

Source: [https://www.heartfoundation.org.au/images/uploads/jump-rope/Teachers\\_Resources/JRFH\\_TeachersManual\\_Web\\_version\\_Part\\_3.pdf](https://www.heartfoundation.org.au/images/uploads/jump-rope/Teachers_Resources/JRFH_TeachersManual_Web_version_Part_3.pdf)

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