

# Gross Motor Skills - Activities to Promote Skipping

Children need to be able to balance on one foot and hop before attempting to learn to skip. It would be advisable to liaise with the child's physiotherapist for specific advice about the child's abilities.

## Resources:

Chalk, drum, footprints, skipping rope.

## What to do:

Chalk - chalk two foot prints on the floor. The child balances on one foot on the first foot print then hops to the next.

Drum – Chant “left, left, right, right” whilst creating a rhythm with the drum as the child attempts to skip.

Footprints - place paper footprints on the floor, i.e. two left feet (one after the other) then two right feet. The child stands on the first left foot print then hops to the foot print in front. Next s/he changes to the right foot, which is placed on the third foot print and then hops forwards to the fourth print.



## Extension Activities:

Skipping with a rope requires lots of co-ordinated movements for the limbs. Try using a hoop - start by placing the hoop over the head, at the back of the knees. Next pull with the arms to get the hoop to go over the head, then raise both feet off the floor to jump over the hoop. Progress to skipping with a rope.



## Top Tips:

Demonstrate activities to show the children a good motor pattern. It may prove helpful to choose a child who is a 'good mover' to model the activities.

Try skipping without equipment, then move on to using a skipping rope.

Use clear instructions, accompanied with gestures if needed.

