

Let's Skip!



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SKILLS CARD 3

Side straddle (double and single bounce) – *feet apart then together*

Front straddle (double & single bounce) – *one foot forwards, the other back*

Combined straddle (double & single bounce) – *feet together, feet apart, feet together, scissors*

Side swings (double & single bounce) – *no jumping over the rope – swing it one side of the body then the other*

The X (double and single bounce) – *cross the feet*

Crossover (double and single bounce) – *cross arms to jump the rope (keep arms wide and low)*

Routine

Double bounce x4

Side straddle x2 (out and in twice)

Front straddle x2

Combined straddle x2

Side swings x2

The X x4

The crossover x4

