



#Together

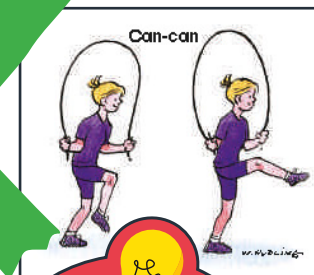
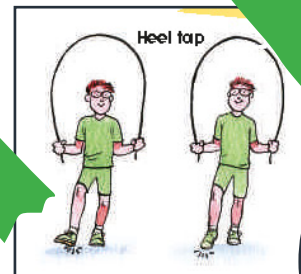
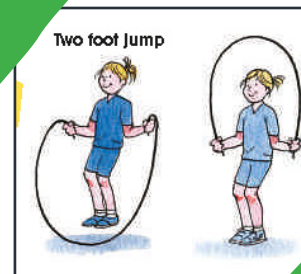
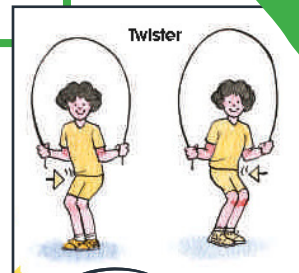
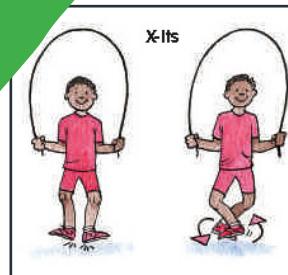
SKIP TO IT

Skipping is one of the easiest ways to get fit and stay fit while having lots of fun at the same time.

You'll need: a short rope and plenty of space.

Short rope

Jump with both feet at the same time, placed slightly apart. This is ideal for beginners to master before moving onto more advanced steps. There are so many techniques you can learn, so why not use them combined in a series to create a routine? Work with a friend and try to copy each other. If you both have ropes, you could do it at the same time.



THINK INC

Some young people may need to work on jumping in rhythm before skipping so do this with clapping games.

Once you're skipping, think about how you can add some variation.

- Could you change direction?
- Try practicing different moves such as crossing your legs or twisting from the knee.
- Could you introduce a can-can and heel tap into your routine?
- Try replacing a move with a freestyle of your choice and encourage others to copy you.

