Australian Rope Skipping Association

Level 1

Coaching Manual
Description of the Units in the LEVEL 1 Coaching Course

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These units are available separately on our website www.arsa.org.au/documents

**INTRODUCTION**

In this introduction, the topics covered are:
- Who is the Australian Rope Skipping Association?
- How to be accredited as a Level 1 Rope Skipping coach
- Level 1 Coaches Accreditation Examination
- What is Rope Skipping?
- What are the competition events in rope skipping?
- Getting Started as a Coach
- Health and Safety
- How to Warm up
- Basic Stretches
- Start Skipping
Who is the Australian Rope Skipping Association?

The Australian Rope Skipping Association (ARSA) was founded by Lorraine and Greg Bannerman in 1988. Its mission is:

The Australian Rope Skipping Association is dedicated to the promotion of the sport of rope skipping as a fun aerobic fitness activity. Our vision is to encourage children and adults of all ages, both males and females, to skip and to provide unlimited opportunities for them through the sport.

Australia is one of almost 40 countries who actively participate in the sport of rope skipping. The world governing body is known as the International Rope Skipping Federation (IRSF) and being based in Montreal Canada, is also know by its French name of the Federation Internationale de Saut a la Corde (FISAC). ARSA is the only Australian rope skipping association recognised by FISAC-IRSF and regularly holds regional, State and National competitions. For further information please visit our website: www.arsa.org.au

How to be Accredited as a Level 1 Rope Skipping Coach

The following must be completed (Note: All documents must be copied as they will not be returned) and submitted to:
The Australian Rope Skipping Association
PO Box 1320 Cleveland Qld 4163.

1. Current First Aid Course
2. Suitability to Work with Children Card (as per State requirements eg Blue Card in QLD)
3. On site review conducted by ARSA staff OR video submission of one hour class OR other relevant qualifications such as teaching, coaching certifications for different sports.
4. Completion to 80% the Australian Rope Skipping Association’s accreditation examination
Level 1 Coaches Accreditation Examination

1. List 3 health benefits of rope skipping
2. List the 4 events for a Masters Competition
3. List the 8 events for a Team competition
4. Name 3 important safety issues to be considered at a skipping session
5. What does R I C E R refer to?
6. List 3 safety factors to consider when conducting a skipping session
7. Give 3 reasons why it is important to warm up prior to a skipping session
8. List 3 reasons why stretching is important prior to a skipping session
9. List 5 important stretches related to skipping activities
10. How would you estimate the best length for a single rope?
11. Describe 3 Basic Single Rope Skills
12. Describe 3 basic partner skills
13. Describe 3 basic long rope skills
14. Describe 3 basic double dutch skills
15. How is speed usually counted in skipping
16. List 5 key elements of a good skipping lesson
17. After a detailed lesson on double dutch, your class decides to see how many jumps each can do. No one can even enter the ropes and are starting to feel despondent. List 5 reasons why this may be occurring and what you would do to maintain interest.
18. Tom is a beginner skipper and struggles with many of the skills. After being shown many times how to do a crossover he bursts into tears after being teased that he cannot do it. What are some of the reasons why he may not be getting the cross? Give a step by step plan on what you would tell him in order to improve. How would you deal with the teasing?
19. Write your own Level 1 routine. Include a min of 5 and max of 10 skills with single rope, partners, long rope and/or double dutch.
20. Describe the benefits of using a passport checklist.
INTRODUCTION

What is Rope Skipping?

Rope skipping is a fabulous sport that incorporates both freestyle (skills performed to music) and speed elements (timed events where the skipper’s steps are counted). It is one of the best forms of improving fitness e.g. 10 minutes of non-stop skipping can be equated to a 20 minute jog. Skipping includes single rope, partner skills, long rope, double dutch skills and group routines and can also include the use of equipment such as skipsticks, Saturn balls, hoops, pogosticks, yoyo diablos. Gymnastics, dancing and running are three other complimentary activities that can enhance the skipper’s skills and ability to perform. Within single rope and double dutch the skipper can experience both freestyle and speed.

Health related Fitness Benefits include:
- cardio-respiratory endurance
- muscle strength
- muscular endurance
- increased lung capacity
- lean Body mass
- flexibility
- coordination
- timing and rhythm
- balance
- speed
- power

Other Benefits include:
- easy to learn
- inexpensive activity
- allows creativity
- fun for all ages: boys and girls
- enhanced self image
- provides social skills
- enables self discipline
- gives self confidence
- opportunity to compete, demonstrate and travel
- advantages of team sport
- sense of belonging to team or a club
What are the Competition Events in Rope Skipping?

The international competition events sanctioned by FISAC-IRFS (International Rope Skipping Federation) involve both Team Events (for teams of 4 or 5 individuals) and Grand Masters Events (for an Individual).

GRAND MASTERS EVENTS (for an individual skipper)

Individuals:
Each individual can only participate in one age division.

Floor area:
Freestyle: 9 by 9 metres to inside tape (on the tape is out) Speed/Power: 5m x 5m

Events

1. Single Rope Singles Freestyle
This is a single rope event for one skipper. It is judged on the Difficulty, Creativity, and Mistakes. The routine must be at least 45 seconds and no longer than 75 seconds.

2. Single Rope 30 sec Speed
The skipper completes a 30-second speed event using an alternating step. Only the right foot is counted.

3. Single Rope 3 min Endurance (or 1 minute)
The skipper completes a 3-minute speed event using an alternating step. Only the right foot is counted.

4. Single Rope Consecutive Triple Unders
The skipper is to complete as many triples in a row without missing with no time limit. One attempt only is permitted. The maximum number allowed will be set at 250 and duplicate awards will be given to those who reach this mark. For lower age groups, this event is usually substituted for Single Rope 1 min Double Unders where the skipper completes as many doubles within a timed one minute period. (only doubles are scored)
Teams Events

Each team is a minimum of 4 and maximum of 5 skippers and team members can only compete in one team.

Floor area:

- Freestyle: 12 by 12 metres to inside tape (on the tape is out): Speed/Power: 5m x 5m

Events – general description:

There are 8 events but not all age divisions do all of FISAC’s 8 events (see below).

1. Single Rope Speed Relay (SRS4)
   This is a two-minute speed relay for 4 each skipping 30 sec using an alternating/jogging step.

2. Single Rope Double Under Relay (SRD4)
   This is a two-minute speed relay for 4 each skipping 30 sec using a Double Under jump.

3. Double Dutch Pairs Speed (DDS4)
   This is a two minute speed relay with 2 turners and 2 jumpers where the 2 jumpers each skip using an alternating/jogging step for one min.

4. Double Dutch Speed Relay (DDS3)
   This is a two minute speed relay for a 3 person team in which all three members will skip using an alternating/jogging step for 40 seconds.

5. Single Rope Pairs Freestyle (SRF2)
   This is a single rope freestyle event in which 2 skippers complete a synchronized routine up to 75 seconds
   It is judged on the Difficulty, Creativity and Mistakes.

6. Single Rope Fours Freestyle (SRF4)
   This is a single rope freestyle event in which 4 skippers complete a synchronized routine up to 75 seconds.
   It is judged on the Difficulty, Creativity and Mistakes.

7. Double Dutch Singles Freestyle (DDF3)
   This is a double dutch freestyle event for a 3 member team where all skip for up to 75 seconds.
   They are judged on Difficulty, Creativity and Mistakes.

8. Double Dutch Pairs Freestyle (DDF4)
   This is a double dutch freestyle event for a 4 member team skipping for up to 75 seconds.
   It is judged on the Difficulty, Creativity and Mistakes.
Getting Started as a Skipping Coach

B - Build the self esteem of all skippers
E - Encourage creativity and new ideas

A - Always follow the safety precautions (following page)

S - Support skippers who need further assistance
T - Treat all skippers with respect
A - Adapt the program to cater for differing needs
R - Record and stamp progressions through the passports

S - Structure your class so that everyone is participating
K - Keep the instructions simple
I - Include all ages and abilities for both boys and girls
P - Praise all attempts efforts and improvements
P - Promote team work
I - Initiate your own personal development
N - Never ridicule or allow others to ridicule your skippers
G - Give your self time to reflect on your coaching

C - Communicate effectively with parents, other coaches and officials
O - Organise activities to maximise learning capacity
A - Allow time to share new skills
C - Continue to challenge those who are mastering skills quickly
H - Have lots of fun!!
Health and Safety

★ Ensure all skippers are warmed up prior to participating in any skipping activities.
★ Skippers should be wearing appropriate clothing and footwear. Avoid skirts and dresses, and ensure all skippers are wearing sports shoes and socks.
★ Prior to each class:
  ▪ check shoelaces
  ▪ encourage children to go to the toilet before their parent leaves
★ Remind skippers to drink regularly. Avoid sugar drinks and respect the facilities by not allowing food inside.
★ Never send a child out of your sight, without at least another skipper going with them eg to the toilet during class time.
★ When a child leaves the class to go to the toilet, monitor the time taken and be aware of other people using the facilities.
★ Equipment must be stored in a bag or box and properly laid out for use during the class in a safe location away from skipping.
★ Review potential hazards or dangers to the skippers. Be aware of electrical outlets, water facilities, wet floors from rain, etc.
★ Identify other equipment stored or used in the hall and restrict skippers from using that equipment.
★ Ensure there is sufficient lighting and all skippers can be seen easily by the coach.
★ Adopt a warning then possible exclusion policy (time-out) for behaviour management issues.
★ Be aware of the weather during sessions. Hot weather will require additional water breaks and modifications to lesson plans.
★ Ensure all skippers stretch and cool down during their lessons and learn these skills for all future sporting endeavours.
★ Maintain an appropriate first aid kit and have a first aid kit within easy access.
★ Renew your first aid and CPR qualifications as required, ensuring they are always up to date.
★ Never leave a child unattended. If parents are late for pickup, remain with the skipper and ensure they leave with parents or approved family/friends.
★ Remind parents of their responsibility to keep you informed of changes to their child’s health or pickup routines.
★ Challenge skippers recognising the importance of keeping all activities within a safe and achievable level.

Sprains & Strains

| R | REST | Rest the person and make them comfortable |
| I | ICE  | Ice the injury with a cold pack          |
| C | COMPRESSION | Apply a firm bandage to the area after removing the cold pack |
| E | ELEVATION | Elevate the injured part                |
| R | REFERRAL | Refer the skipper to appropriate medical treatment |
How to Warm Up

The Warm-Up and Cool-Down
The warm-up prepares the body for the proceeding activity, as well as helping to prevent injury to muscles, which are more susceptible to injury when cold. The cool-down helps the body clear lactic acid that builds up during any activity. Less lactic acid means less soreness and stiffness the next day! The warm-up should incorporate the muscle groups and activities that are similar to those that are required during training or competition. The intensity of the warm-up should begin at a low level gradually building to the level of intensity required during training or competition. For young people, 5-10 minutes would be enough. However in cold weather the duration of the warm-up should be increased. The warm-up aims to:

- prepare the body and mind for the activity
- increase the body's core temperature
- increase heart rate
- increase breathing rate.

A typical warm up session might include

PART A: Set-up and Game 2mins
★ Organise children into lines with no more than 4 in a line.
★ Make sure that they are facing you at the front and are equal distance from each other.
★ Skippers need to have spread out far enough so that ropes will not touch front and back or sideways.
★ But not to far away where they will not hear the instructions.

Coaches Instruction: Make sure that you are constantly modelling the exercises in a position where all skippers can see you. Move through the lines helping people who maybe experiencing difficulty.

PART B: 4 mins Pre-Speed Activities
★ On “Ready Set Go” everyone sideswings on the spot – no jumping.
★ At 30 secs call “Switch” and everyone places their rope neatly on the floor and goes to basic jumping on the spot with every 4th jump the skippers tuck jumping – mimicking the double under action
★ At 30 secs call “Switch” and skippers will progress to 30 sec of double under jumps.
★ At 30 secs call “Switch” everyone jogs slowly on the spot concentrating on technique, not kicking back, knees slightly bent.
★ At 30 secs call “Switch” everyone increases speed – check that skippers maintain posture, balance, technique and timing
★ At 30 secs call “Switch” and everyone just jumps lightly on the spot.
★ At 30 secs call “Switch” again and everyone increased jogging speed again but this time for 1 min.

PART C: 4 mins Basic Stretches (see following pages)
BASIC STRETCHES

- Stretch only after warming up, or after exercise, when muscles are warm.
- Repeat each stretch 2 to 3 times, working both sides of the body equally.
- Hold each stretch for 10 to 30 seconds.
- Do not stretch to the point of pain.
- Do not bounce.

1. Neck side flexion. Lower your ear towards your shoulder while keeping your face looking forwards; feel the stretch along the opposite side of your neck; return to upright. Repeat on the other side. In addition, you can also stretch the opposite hand towards the floor as this deepens the stretch on the neck muscles.

2. Triceps (back of upper arm) stretch. Lift both arms above your head and bend your elbows so that your forearms are behind your head (but not resting on it); gently grasp your right elbow with your left hand; allow your right hand to drop towards the middle of your shoulder blades; feel the stretch on the outside of your upper right arm. Gently pull your right elbow towards your left shoulder to deepen the stretch. Repeat for your other arm.

3. Shoulder (internal rotator) stretch. Hold a towel between both hands as shown; gently pull the towel upwards with your left hand; feel the stretch in the shoulder of your right arm as this arm is gently pulled further up your back. Repeat for the opposite shoulder.

4. Supraspinatus (top of shoulder blade) stretch. Cross your right arm in front of your chest, placing your right hand over your left shoulder and keeping your right arm parallel to the ground; use your left hand to push your right elbow gently towards your left shoulder; feel the stretch in the muscle across the top of your right shoulder blade. Repeat for the opposite shoulder.
5. **Pectoral (chest) stretch.** Place your right hand on a doorway at shoulder height with your elbow straight; move your feet so that you turn your chest and body gently away from your arm; feel the stretch on the right-hand side of your chest and along the inside of your right upper arm. Repeat for the opposite side. (You can also do the stretch with your arm slightly elevated, as shown.)

6. **Biceps (front of upper arm) stretch.** Sit on a floor mat with your feet flat on the floor in front of you and knees bent; place your hands flat on the mat behind you, fairly close together, with your fingers pointing away from you. Walk your hands away from your bottom to feel the stretch in the muscles at the front of your upper arms.

7. **Lower back extension and abdominal stretch.** (Note: if you have lower back problems this stretch may not be suitable for you.) Lie face down on a mat on the floor with your hands in front of you, elbows slightly bent to make a diamond shape; straighten your elbows so that your chest begins to lift off the floor; feel the stretch along the front of your abdomen. Be aware that having your hands close to your shoulders will produce a very strong abdominal stretch and a greater extension in your lower back, which may be uncomfortable for some people.

8. **Upper back extension.** Kneel on a floor mat on all fours (i.e. on your hands and knees). Gently stretch your arms out in front of you along the floor while allowing your head to drop towards the floor and your bottom to move towards your heels; feel the stretch in your upper back between your shoulder blades. Gently walk your fingertips away from your body for a stronger stretch in the shoulders. Work on keeping your tail bone as close to your heels as possible.

9. **Side stretch.** Stand with your feet shoulder-width apart. Bend your upper body to the right while continuing to face the front and not allowing your hips to rotate; at the same time use your right hand to push your right hip gently in the opposite direction; feel the stretch along the left-hand side of your torso. Repeat for the opposite side.
10. Hamstring (back of thigh) stretch. Place your right foot on a bench or chair with your leg extended at the knee (straight leg); slowly lean forwards while reaching your hands towards your right shin and keeping your torso straight; feel the stretch along the back of your right thigh. Keep your head up and looking forwards so that you bend from the waist and don’t hunch. Repeat for the opposite leg.

11. Quadriceps (front of thigh) stretch. Steady yourself by resting your left hand on a wall; keep an upright posture and lift your right foot off the ground. Bend the right knee and grasp your right ankle with your right hand; gently pull your ankle up and back until you feel a stretch in the front of your right thigh. Your left leg should be slightly bent at the knee. Repeat for the opposite leg.

12. Gluteal (bottom muscle) stretch. Lie on your back on a floor mat with your knees bent, hip-width apart, and feet flat on the floor; lift your left leg and place your left ankle across your right knee; clasp your fingers around your right knee; now lift your right foot off the ground and pull your right knee towards you to feel a stretch in the gluteal muscles of your left buttock. Your head can be on the floor if this is more comfortable. Repeat for the opposite side.

13. Adductor (groin) stretch. Standing upright, place your hands on your hips for balance, and your feet slightly wider than shoulder-width apart; keep your feet pointing to the front and lunge sideways taking your weight on your left foot and bending your left knee; feel the stretch in your right groin. Repeat for the opposite side.

14. Hip flexor (front of hip) stretch. Kneel by placing your right knee on a padded mat and your left foot flat on the floor in front of you and forward of your left knee; steady yourself by keeping your posture upright and resting your hands on your left knee; don’t let your left knee project forward of your foot; gently push your hips forwards to feel a stretch at the front of your right hip. Keep your gluteal muscles contracted to keep your bottom down. Repeat the stretch for the opposite side.
15. Tensor fascia (outer hip area) stretch. Rest your hands on a table or wall in front of you for balance; cross your right leg behind your left, placing your feet about a foot-length apart; try to keep your posture fairly upright while pushing your right hip outwards; feel the stretch along the outer side of your right hip. Repeat for the opposite hip.

16. Iliotibial band (outer thigh area from hip to knee) stretch. Stand with your left side at roughly arm’s length from a wall and place your left hand on the wall for balance; cross your right leg in front of your left leg; now, with your weight mainly on your left leg, lean your left hip towards the wall; feel the stretch down the outside of your left leg from your hip to your knee, which is the area of the iliotibial band. Repeat for the opposite leg.

17. Gastrocnemius (calf) stretch. Stand facing a wall and place your hands on the wall at eye level; step your right leg back; bend the front knee and gently lean into the wall while keeping your back leg straight and the heel of your back foot on the ground; feel the stretch in the back of your right calf. Repeat for the other side.

18. Soleus (deep calf) stretch. Stand facing a wall and place your hands on the wall at chest height; step your right leg back; bend both knees slightly; your right knee should be over and in front of your right foot; feel the stretch in the lower one-third of your right calf. Make sure to keep your pelvis tucked under — if you arch your bottom out you won’t feel a stretch in your calf. Repeat for the other side.
Start skipping

Choose the correct length – stand in the middle of your rope

- the handles should reach just under your armpits
- Don’t tie knots in ropes – have handles adjusted

Stand with elbows close to body

- Point hands outwards horizontally
- Hands should be about 20cm away from body

Move hands -

- Move hands back up and over
- Keep wrists at about waist height in front of the body and repeat
- Sideswing only using one arm. Repeat on the other side
- Try turning wrists while jumping at the same time.

Start jumping

- stand up straight with knees slightly bent, shoulders back and head up
- jump approx. 5cm off the ground on the balls of the feet with arms slightly in front of hips
- learn to jump with a double bounce (a normal jump followed by a rebound jump)
- progress to single bounce from double bounce

Start turning -

- Move hands back up and over with minimal movement in arms
- Keep wrists at about waist height in front of the body and repeat

Play games to improve jumping skills

- Follow the Leader -
  - jumping around the room in time to music
- Simon Says Jump
  - Jump over ropes, lines, moving ropes, left or right

Skippers are now ready to progress to single rope, partner and long rope skills.
How to be a great skipper with Single Rope Skills

- Once completing basic turning and jumping drills, the skipper is now ready to learn single rope skills.
- Before beginning skills, skipper should check length of single rope is right.
- All skills should be practiced first without the rope and any foot patterns should be learnt before attempting skills with rope.
- It is important for the child to be hearing and saying the count that is relevant to that particular skill.
- It is important for the coach to ensure that the child has attempted tricks on both sides of the body – ie left and right legs.
- If child is not successful it is important that the coach applies previous basic skills before attempting skill progression.

Problems in single rope usually occur when:

- rope length is too short or too long
- skipper is slow to transfer weight
- the skipper takes feet out too wide from body
- when skipper starts skipping before they know the foot pattern
- when skipper has not learnt the count
- loss of balance, timing and rhythm
- correct technique is not maintained
- skipper is jumping too high or too low to ground

Other skills:
The list of skills described in the following pages is not complete. Skills are limited only by the imagination of the skipper. Other skills include:

- Razzle Dazzle
- 360 Texas
- 180 Mad Dog
- Cartwheel with Rope
- Hopscotch
- Grass Cutter
- Front and Back Lunge
- Brush Shuffle
- Roundoff wit Rope
- Wing Ding
- Wounded Duck
- Swingstep
- Grapevine
- Hitchkick
- Shottish
- Buffalo Shuffle
- Hustle Step
### Single Rope Skills

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<th>Technique</th>
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<th>Technique</th>
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<tr>
<td><strong>Basic Jump</strong></td>
<td><strong>Technique</strong></td>
<td><strong>One Foot Bounce</strong></td>
<td><strong>Posture and technique - same as basic jump</strong></td>
</tr>
<tr>
<td>Slow</td>
<td>1. Stand up straight, shoulders back and head up</td>
<td></td>
<td>2. Except jumping on one foot</td>
</tr>
<tr>
<td></td>
<td>2. Elbows close to body and handles facing out</td>
<td></td>
<td>3. Set goals: progress from 10 jumps on each foot to 5 jumps on each foot on right</td>
</tr>
<tr>
<td></td>
<td>3. Jumping close to ground on 2 feet</td>
<td></td>
<td><strong>Common Mistakes</strong></td>
</tr>
<tr>
<td></td>
<td>4. Jump on balls of feet, approx 5cms off the ground</td>
<td></td>
<td>1. Children losing balance</td>
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<tr>
<td></td>
<td>5. Knees slightly bent, arms slightly in front of hips</td>
<td></td>
<td>2. Kicking heels behind body</td>
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<tr>
<td></td>
<td>6. Turn hands slowly over</td>
<td></td>
<td><strong>Helpful Hints</strong></td>
</tr>
<tr>
<td></td>
<td>7. 2 Jumps per rotation of the rope</td>
<td></td>
<td>1. Practice without ropes</td>
</tr>
<tr>
<td><strong>Common Mistakes</strong></td>
<td></td>
<td><strong>Helpful Hint</strong></td>
<td>2. Concentrate on staying up straight and not falling forward too far or leaning back</td>
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<td></td>
<td></td>
<td></td>
<td><strong>Count</strong></td>
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<tr>
<td></td>
<td></td>
<td><strong>Count</strong></td>
<td>1 2, 1 2</td>
</tr>
<tr>
<td><strong>Basic Jump Fast</strong></td>
<td><strong>Technique</strong></td>
<td><strong>The Boxer</strong></td>
<td><strong>Same technique as the one foot bounce</strong></td>
</tr>
<tr>
<td>Slow</td>
<td>1. As above</td>
<td></td>
<td>2. The boxer differs from the 1 foot bounce as now the skipper must perform 2 jumps on the right foot then 2 on the left</td>
</tr>
<tr>
<td></td>
<td>2. 1 Jump per rotation of the rope</td>
<td></td>
<td><strong>Count</strong></td>
</tr>
<tr>
<td><strong>Single Bounce</strong></td>
<td>3. No rebound jump</td>
<td><strong>Count</strong></td>
<td><strong>Right Right, Left Left</strong></td>
</tr>
<tr>
<td></td>
<td><strong>Count</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Basic Bounce</strong></td>
<td><strong>Technique</strong></td>
<td><strong>Jogging Step</strong></td>
<td><strong>Move from right to left foot in 2 separate steps and 2 rotations of the rope</strong></td>
</tr>
<tr>
<td>Slow</td>
<td>1. As above</td>
<td></td>
<td>2. This is the speed step for competition. The challenge will be to improve speed.</td>
</tr>
<tr>
<td></td>
<td>2. 1 Jump per rotation of the rope</td>
<td></td>
<td><strong>Count</strong></td>
</tr>
<tr>
<td><strong>Double Bounce</strong></td>
<td>3. No rebound jump</td>
<td></td>
<td><strong>Right Left Right Left</strong></td>
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<tr>
<td></td>
<td><strong>Count</strong></td>
<td></td>
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<tr>
<td><strong>Backward Jumping</strong></td>
<td><strong>Technique</strong></td>
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<tr>
<td></td>
<td>1. The backward jump follows the exact technique for basic jump forwards</td>
<td></td>
<td></td>
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<tr>
<td></td>
<td>2. Except that arms will now move in an opposite direction</td>
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<tr>
<td></td>
<td><strong>Helpful Hint</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>1. If child is experiencing difficulty go back to basic jumping/turning exercises adapting them for backward jumping and turning</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Skill</td>
<td>Technique</td>
<td>Skill</td>
<td>Technique</td>
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<td>---------------------------------------------------------------------------</td>
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<td>---------------------------------------------------------------------------</td>
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<tr>
<td>Peekaboo</td>
<td>★ stand up straight&lt;br&gt;★ hands even at waist height&lt;br&gt;★ feet together&lt;br&gt;★ right foot only jumps out shoulder width apart&lt;br&gt;★ then feet back together&lt;br&gt;★ Repeat on the left foot.</td>
<td>Skier</td>
<td>★ stand up straight&lt;br&gt;★ feet together&lt;br&gt;★ hands even by skippers side&lt;br&gt;★ jump side to side&lt;br&gt;★ use a line or rope on floor an indicate to the skipper to only jump approx 10cm on either side of the line</td>
</tr>
<tr>
<td></td>
<td>Count&lt;br&gt;★ Right Together Left Together</td>
<td></td>
<td>Common Mistakes&lt;br&gt;★ jumping too far left and/or right&lt;br&gt;★ twisting body</td>
</tr>
<tr>
<td>Bell</td>
<td>★ follow technique of skier except skipper will jump forward to backwards&lt;br&gt;Common Mistakes&lt;br&gt;★ jumping too far forward and/or back&lt;br&gt;Helpful Hints&lt;br&gt;★ use a line or rope on the floor to indicate distance for skipper to jump</td>
<td>Side Straddle</td>
<td>★ stand up straight&lt;br&gt;★ hands even at waist height&lt;br&gt;★ feet together&lt;br&gt;★ both feet jump out at same time shoulder width apart&lt;br&gt;★ then feet back together&lt;br&gt;Common Mistakes&lt;br&gt;★ jumping out too far in the straddle position&lt;br&gt;★ use a line or rope on the floor</td>
</tr>
<tr>
<td></td>
<td>Count&lt;br&gt;★ Forward Back Forward Back</td>
<td></td>
<td>Count&lt;br&gt;★ Out Together Out Together</td>
</tr>
</tbody>
</table>
## SINGLE ROPE SKILLS

<table>
<thead>
<tr>
<th>Skill</th>
<th>Technique</th>
<th>Skill</th>
<th>Technique</th>
</tr>
</thead>
</table>
| Forward Straddle | * similar to the side straddle  
* both feet jump out at same time  
* jump on balls of feet  
* one at front and one at back then back together  
* Repeat on opposite foot | The X      | * jump out with feet shoulder width apart  
* when coming back to the middle cross the right foot in front of the left forming a X with your feet |
|              | Common Mistakes: * jumping out too far in the straddle position           |           | Common Mistakes: * jumping to far out in the straddle position  
* losing balance  
* timing out     |
|              | Helpful Hints: * use 2 ropes on the floor to demonstrate the distance to jump |           | Count: * Out Cross Out Cross |
|              | Count: * forward together back together, forward back forward back        |           | |
| Twister      | * head and shoulders face the front  
* feet together and knees together  
* twist from hips - left to right | Squat Thrust | * this is a preparatory skill for the real push up  
* do 4 jumps still holding the handles  
* go into a squat position making sure that the rope is still in front of the body  
* then stretch legs out not letting the middle of the body sink  
* come back into a squat and continue skipping |
<p>|              | Common Mistakes: * twisting the whole body |           | Count: * Down Out In and Up |
|              | Count: * Twist Twist                                                      |           |</p>
<table>
<thead>
<tr>
<th>Skill</th>
<th>Technique</th>
<th>Count</th>
<th>Skill</th>
<th>Technique</th>
</tr>
</thead>
<tbody>
<tr>
<td>Single Side Swing</td>
<td>✧ swing the rope to the side of the body moving from forward to back</td>
<td>✧ Side Open</td>
<td>✧ as the rope goes over the head cross arms in front of body making sure the bottom arm is touching the stomach and the top arm is resting on top with elbows touching</td>
<td>✧ hands should be stretched out with handles facing out</td>
</tr>
<tr>
<td></td>
<td>✧ as the left arm moves across the body, hold the right arm out</td>
<td></td>
<td>✧ stay in this position for one jump then uncross as rope goes over the head</td>
<td>✧ jump with both feet together</td>
</tr>
<tr>
<td></td>
<td>✧ as the rope moves back open arms and jump</td>
<td></td>
<td>Common Mistakes</td>
<td>✧ crossing too far away from body</td>
</tr>
<tr>
<td></td>
<td>✧ standing still put both handles in one hand and practice the swinging action left to right</td>
<td></td>
<td>✧ handles not at waist height</td>
<td></td>
</tr>
<tr>
<td></td>
<td>✧ try this while jumping</td>
<td></td>
<td>✧ uncrossing too quickly without jumping</td>
<td>✧ handles facing up or down</td>
</tr>
<tr>
<td></td>
<td>✧ when ready to attempt the trick, adopt the count “side open” the “open” will be the jump</td>
<td></td>
<td>✧ practice without ropes</td>
<td>✧ use long handles or long rope to create a bigger loop</td>
</tr>
<tr>
<td></td>
<td>Common Mistakes</td>
<td></td>
<td>Count</td>
<td>✧ try on both sides left / right.</td>
</tr>
<tr>
<td></td>
<td>✧ not moving rope in the right direction</td>
<td></td>
<td>✧ 1 2 3 4 Open Cross Open Cross</td>
<td></td>
</tr>
<tr>
<td></td>
<td>✧ not getting arms around the side of the body</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>✧ not separating hands quickly enough for the open jump</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Helpful Hints</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>✧ try on both sides left / right.</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Count ✧ Side Open</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Double Side Swing</td>
<td>✧ swing the rope to right side of body</td>
<td>✧</td>
<td>✧ side swing to the right hand side</td>
<td>✧ trying to cross with inside arm not outside arm</td>
</tr>
<tr>
<td></td>
<td>✧ left arm moves across the body and hold the right arm out</td>
<td>✧</td>
<td>✧ left arm stays across body holding the right arm out</td>
<td>✧ Count ✧ Side Swing Cross</td>
</tr>
<tr>
<td></td>
<td>✧ keeping hands close together without crossing repeat</td>
<td>✧</td>
<td>✧ keep the left arm across body and swing the right arm across the left to create a cross</td>
<td></td>
</tr>
<tr>
<td></td>
<td>✧ the swing on the left side</td>
<td>✧</td>
<td>✧ jump this then open arms out</td>
<td></td>
</tr>
<tr>
<td></td>
<td>✧ open arms out and jump</td>
<td>✧</td>
<td>✧ repeat on left side of body</td>
<td></td>
</tr>
<tr>
<td></td>
<td>✧ repeat on left side of body</td>
<td>✧</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Common Mistakes</td>
<td>✧</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>✧ as above</td>
<td>✧</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Count ✧ Side Side Open</td>
<td>✧</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Skill</td>
<td>Technique</td>
<td>Common Mistakes</td>
<td>Helpful Hints</td>
<td></td>
</tr>
<tr>
<td>------------</td>
<td>---------------------------------------------------------------------------</td>
<td>-------------------------------------------------------------------------------</td>
<td>--------------------------------------------------------------------------------</td>
<td></td>
</tr>
<tr>
<td>Double Under</td>
<td>This is 2 rotations of the rope before the skipper lands</td>
<td>Without a rope practise rotating the wrist in quick circular actions to a beat of 1, 2</td>
<td>Back to basic without a rope</td>
<td></td>
</tr>
<tr>
<td></td>
<td>should be learnt in 4 stages</td>
<td>without a rope practise jumping high not bending at the waist with straight knees staying up long enough so a rope will get under 4 normal jumps then a tuck</td>
<td>Count - 1 2 3 4 12</td>
<td></td>
</tr>
<tr>
<td></td>
<td>without a rope practise rotating the wrist in quick circular actions to a beat of 1, 2</td>
<td>without a rope try wrist and jump action together</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>with a rope try the wrist and jump action together</td>
<td>with a rope try the wrist and jump action together</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Common Mistakes</td>
<td></td>
<td>not landing on the balls of the feet</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Not maintaining an erect posture and bending in the middle this poor form is called a “pike”</td>
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<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>losing balance and not landing in the same spot</td>
<td>losing balance and not landing in the same spot</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>landing in a squat and not up straight</td>
<td>landing in a squat and not up straight</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Helpful Hints</td>
<td></td>
<td>Back to basic without a rope</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Count - 1 2 3 4 12</td>
<td>Count - 1 2 3 4 12</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Wallow</td>
<td>this action can be likened to a pendulum swinging</td>
<td>as one leg returns to the middle, it pushes the other leg out in a swaying motion</td>
<td>lots of practice needed without ropes to master rhythm</td>
<td></td>
</tr>
<tr>
<td></td>
<td>as one leg returns to the middle, it pushes the other leg out in a swaying motion</td>
<td>as one leg returns to the middle, it pushes the other leg out in a swaying motion</td>
<td>lots of practice needed without ropes to master rhythm</td>
<td></td>
</tr>
<tr>
<td>Common Mistakes</td>
<td></td>
<td>loss of balance</td>
<td>lots of practice needed without ropes to master rhythm</td>
<td></td>
</tr>
<tr>
<td></td>
<td>slow weight transfer</td>
<td>slow weight transfer</td>
<td>lots of practice needed without ropes to master rhythm</td>
<td></td>
</tr>
<tr>
<td></td>
<td>lifting leg to high or to far the side</td>
<td>lifting leg to high or to far the side</td>
<td>lots of practice needed without ropes to master rhythm</td>
<td></td>
</tr>
<tr>
<td>Helpful Hints</td>
<td></td>
<td>heel clicks should start closer to the ground</td>
<td>lots of practice needed without ropes to master rhythm</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Count</td>
<td>Count</td>
<td>lots of practice needed without ropes to master rhythm</td>
<td></td>
</tr>
<tr>
<td></td>
<td>R L - R L R L or L R - L R L R</td>
<td>R L - R L R L or L R - L R L R</td>
<td></td>
<td></td>
</tr>
<tr>
<td>WW Kick</td>
<td>like the wallow, it is a swaying action involving legs moving from side to side</td>
<td>As one leg is in the air to the side, the other foot will jump off the ground and the skipper will click heels in the air</td>
<td>lots of practice needed without ropes to master rhythm</td>
<td></td>
</tr>
<tr>
<td></td>
<td>as one leg returns to the middle, it pushes the other leg out in a swaying motion</td>
<td>As one leg is in the air to the side, the other foot will jump off the ground and the skipper will click heels in the air</td>
<td>lots of practice needed without ropes to master rhythm</td>
<td></td>
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<tr>
<td>Common Mistakes</td>
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<td>loss of balance</td>
<td>lots of practice needed without ropes to master rhythm</td>
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<td>heel clicks should start closer to the ground</td>
<td>lots of practice needed without ropes to master rhythm</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Count</td>
<td>Count</td>
<td>lots of practice needed without ropes to master rhythm</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Right Click Left Click Right Click</td>
<td>Right Click Left Click Right Click</td>
<td>lots of practice needed without ropes to master rhythm</td>
<td></td>
</tr>
</tbody>
</table>
## SINGLE ROPE SKILLS

<table>
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<tr>
<th>Skill</th>
<th>Technique</th>
<th>Helpful Hints</th>
<th>Count</th>
</tr>
</thead>
<tbody>
<tr>
<td>Heel to Heel</td>
<td>✧ stand up straight to maintain balance</td>
<td>✧ practice slowly without the ropes</td>
<td>Heel Heel (right side) Heel Heel (left side) or Heel to Heel, (right to left)</td>
</tr>
<tr>
<td></td>
<td>✧ alternating feet jump from heel to heel placing the heel in front of the body</td>
<td>✧ walk through it first heel to heel, then try jumping without ropes heel to heel</td>
<td></td>
</tr>
<tr>
<td></td>
<td>✧ when confident try with rope</td>
<td>✧ master the right foot before attempting the left</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Helpfulness</td>
<td></td>
<td></td>
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<tr>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Toe to Toe</td>
<td>✧ stand up straight to maintain balance</td>
<td>✧ practice slowly without the ropes</td>
<td>Toe Toe (right side) Toe Toe (left side) or Toe to Toe, (right to left)</td>
</tr>
<tr>
<td></td>
<td>✧ alternating feet jump from toe to toe placing the toe behind the body</td>
<td>✧ walk through it first toe to toe, then try jumping without ropes toe to toe</td>
<td></td>
</tr>
<tr>
<td></td>
<td>✧ when confident try with rope</td>
<td>✧ master the right foot before attempting the left</td>
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</tr>
<tr>
<td></td>
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<td></td>
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<tr>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Heel to Toe</td>
<td>✧ start with right foot jumping from heel in front to toe behind</td>
<td>✧ repeat on left leg - With increased confidence, attempt to alternate right foot to left foot without a jump in between</td>
<td></td>
</tr>
<tr>
<td></td>
<td>✧ when confident try with rope</td>
<td>✧ master the right foot before attempting the left</td>
<td></td>
</tr>
<tr>
<td></td>
<td>Helpfulness</td>
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<tr>
<td></td>
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<td></td>
<td></td>
</tr>
<tr>
<td>Shuffle Step</td>
<td>✧ 1st jump is on the right heel in front of the body</td>
<td>✧ On the 2nd jump the right toe crosses in front of the left foot</td>
<td></td>
</tr>
<tr>
<td>(heel cross)</td>
<td>✧ On the 2nd jump the right toe crosses in front of the left foot</td>
<td>✧ Repeat on the left</td>
<td></td>
</tr>
<tr>
<td></td>
<td>✧ practice slowly without the ropes</td>
<td>✧ practice slowly without the ropes</td>
<td></td>
</tr>
<tr>
<td></td>
<td>✧ walk through it first toe to toe, then try jumping without ropes toe to toe</td>
<td>✧ walk through it first toe to toe, then try jumping without ropes toe to toe</td>
<td></td>
</tr>
<tr>
<td></td>
<td>✧ when confident try with rope</td>
<td>✧ when confident try with rope</td>
<td></td>
</tr>
<tr>
<td></td>
<td>✧ master the right foot before attempting the left</td>
<td>✧ master the right foot before attempting the left</td>
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<tr>
<td></td>
<td>Helpfulness</td>
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</tr>
<tr>
<td>Skill</td>
<td>Technique</td>
<td>Skill</td>
<td>Technique</td>
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<td>-----------</td>
</tr>
<tr>
<td>Can Can</td>
<td>* raise right knee to waist height</td>
<td>Out Cross Out Kick</td>
<td>* jump out with feet shoulder width apart</td>
</tr>
<tr>
<td></td>
<td>* bring knee down for a basic jump</td>
<td></td>
<td>* when coming back to the middle cross</td>
</tr>
<tr>
<td></td>
<td>* kick the right leg out in front of the body</td>
<td></td>
<td>the right foot in front of the left forming a X</td>
</tr>
<tr>
<td></td>
<td>* repeat on left leg</td>
<td></td>
<td>with your feet</td>
</tr>
<tr>
<td></td>
<td>Helpful Hints</td>
<td></td>
<td>Common Mistakes</td>
</tr>
<tr>
<td></td>
<td>* keep head up and shoulders back</td>
<td></td>
<td>jumping to far out in the straddle position</td>
</tr>
<tr>
<td></td>
<td>* try foot pattern without ropes</td>
<td></td>
<td>* losing balance</td>
</tr>
<tr>
<td></td>
<td>* walk through it first before jumping</td>
<td></td>
<td>timing out</td>
</tr>
<tr>
<td></td>
<td>* timing is necessary to maintain the rhythm</td>
<td></td>
<td>Count</td>
</tr>
<tr>
<td>Count</td>
<td>Knee Down Kick Down</td>
<td></td>
<td>* Out Cross Out Kick</td>
</tr>
<tr>
<td>Frog Can Can</td>
<td>* raise right knee to waist height</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>* take right knee out to the right side</td>
<td></td>
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</tr>
<tr>
<td></td>
<td>* peekaboo</td>
<td></td>
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<tr>
<td></td>
<td>* bring foot back into the middle for a basic jump</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>* kick the right leg out in front of the body</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>* repeat on left leg</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Helpful Hints</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>* keep head up and shoulders back</td>
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<td></td>
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<tr>
<td></td>
<td>* timing is necessary to maintain the rhythm</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Count</td>
<td>Knee Out In Kick</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Helpful Hints:
- Keep head up and shoulders back
- Try foot pattern without ropes
- Walk through it first before jumping
- Timing is necessary to maintain the rhythm

Count:
- Knee Down Kick Down
- Out Cross Out Kick
<table>
<thead>
<tr>
<th>Skill</th>
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</tr>
</thead>
</table>
| Fling       | * on the 1<sup>st</sup> jump the skipper takes their right foot in front of their body  
* on the 2<sup>nd</sup> jump the skipper takes their right foot to the right side  
* on the 3<sup>rd</sup> jump, skipper takes right foot behind  
* on the 4<sup>th</sup> jump, skipper raises their right knee or can opt to just bring the right foot back to the middle  
* Repeat on left side  
Helpful Hints  
* practise foot pattern many times without the ropes maintaining balance and timing  
Count  
* Front Side Back Knee or Front Side Back Together |
| Irish Fling | * on the 1<sup>st</sup> jump the skipper takes their right foot behind their body  
* on the 2<sup>nd</sup> jump the skipper takes their right foot to the right side of the body  
* on the 3<sup>rd</sup> jump the skipper takes the right foot in front of the body  
* on the 4<sup>th</sup> jump skipper raises right knee or can opt to bring right foot back to middle  
* Repeat on left side  
Helpful Hints  
* practise many times without the ropes maintaining balance and timing  
Count  
* Back Side Front Knee or Back Side Front Together |
| The Cossack | * after 4 jumps the skipper goes down into a squat  
* as they come back up they kick their right leg in front of them  
* repeat on left leg  
* can be done with a sideswing cross  
* sideswing as you go down  
* cross arms in the squat position  
* kick as the skipper comes back up  
Helpful Hints  
* to avoid sore knees make sure body weight is distributed evenly  
* keep erect posture and push heels down into the ground  
* avoid repeating this skill to many times  
Count:  
* 1 2 3 4 down kick |
| The Spread Eagle | * after 4 jumps the skipper goes down into a squat  
* as they come back up they go into a side straddle  
* 3<sup>rd</sup> jump feet back together in a basic jump  
Helpful Hints  
* to avoid sore knees make sure body weight is distributed evenly  
* keep erect posture and push heels down into the ground  
* avoid repeating this skill to many times  
Count  
* 1 2 3 4 down out in |
<table>
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<tr>
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</thead>
<tbody>
<tr>
<td>90 Degree Turn</td>
<td>✡ Skipping slowly turn to the right side at 90 degrees and continue skipping without stopping ✡ Repeat on the left ✡ This is an excellent skill for helping with change of direction in routines Count ✡ 1 2 3 4 slow slow</td>
<td>360 Full Twist</td>
<td>✡ Skipping slowly turn to right side and take rope in a full turn all the way around and back to the front ✡ there is no skipping at the back as the skipper completes the full twist ✡ Repeat on the left Count ✡ 1 2 3 4 all the way round and back to the front</td>
</tr>
<tr>
<td>180 Turn Front to Back</td>
<td>✡ the skipper is jumping forwards ✡ as they sideswing to the right their feet begin pivoting half way around ✡ once they have made this 180 turn the skipper should be jumping in backwards ✡ repeat on left side Common Mistake ✡ skipper is trying to jump as they turn to side Helpful Hints ✡ attempt arm and body action without ropes Count ✡ 1 2 3 4 Sideswing Turn</td>
<td>360 Full Turn 180 + 180</td>
<td>✡ This is a combination of 180 degree front to back and 180 degrees back to front ✡ Moving around in a 360 direction ✡ Attempt on right side ✡ Repeat on left ✡</td>
</tr>
<tr>
<td>180 Turn Back to Front</td>
<td>✡ the skipper is jumping backwards ✡ as the skipper turns to their left side bring arms over and around without sideswings ✡ the feet should begin pivoting half way around ✡ after 180 turn the skipper is jumping in forwards ✡ repeat on right side Common Mistake ✡ the skipper is trying to jump as they turn to side Helpful Hints ✡ attempt arm and body action without ropes Count ✡ 1 2 3 4 Sideswing Turn</td>
<td>Pollywog</td>
<td>✡ this is a preparatory skill for the real mulekick ✡ do 4 jumps still holding the handles ✡ go into a handstand position making sure that the rope is still in front of the body ✡ then bend legs keeping them together ✡ next flick legs and come back into a standing position and continue skipping Count ✡ Ready Set Go Up 2 Down 2</td>
</tr>
</tbody>
</table>
Basic Level 1 Routine

1 2 3 4
Forward Back (Bell)
1 2 3 4
Right Left (Skier)
1 2 3 4
Out Together (Side Straddle)
1 2 3 4
Right Together (Peekaboo on the right side)
1 2 3 4
Left Together (Peekaboo on the left side)
1 2 3 4
Side open (Single sideswing on right side)
1 2 3 4
Side cross (Single sideswing cross on right side)
1 2 3 4
Side open (Single sideswing on left side)
1 2 3 4
Side cross (Single sideswing cross on left side)
1 2 3 4
Side Side Open Cross (Double sideswing skip with Cross Over)
1 2 3 4
Knee down Kick down (Can Can right leg)
1 2 3 4
Up cross Up down (High knee cross over left leg)
1 2 3 4
Full Twist (all the way around & back to the front)
1 2 3 4
Double Under
1 2 3 4
Down out in (Fake Push Up)
Skip Bow

NOTES ABOUT A ROUTINE:
* When teaching a routine always commence with right side first.
* Always practice without ropes and without music at first.
* Song needs to have a good double beat to it.
* In competition, skills are not counted twice if they are repeated
* As children master skills, remove the 4 jumps inbetween each skill
How to be a STAR Skipper with Partner Skills

★ Skills should always be practiced by turning first - followed by jumping.
★ Always focus on mastering your count to keep all skippers in time.
★ Encourage the skippers to master their counting for all partner skills.
★ Check length of rope is long enough for 2 and/or more skippers –
★ note this will vary depending on size and height of children.
★ Partners should be matched according to height, ability, strength and age.
★ If possible, encourage children to not always have the same partner.
★ One strong pair may master the skills and remain a demonstration pair throughout the lesson.
★ Ensure the rope touches the ground at all times.
★ The rope should clear the skippers head by about 15 to 20cm.
★ Make sure when using more than 1 rope that they are the same length.
### Partner Skills

<table>
<thead>
<tr>
<th>Partner Skills</th>
<th>Description</th>
<th>Activity</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>1 Rope 1 Jumper Both Turning</strong></td>
<td>✯ This is an excellent activity to aid the skipper with the skills to turn and jump at the same time. ✯ Skipper A doesn’t jump and holds on f the handle sin hand closest to skipper B. Skipper B holds handle in outside hand on a count of Ready Set Go, they turn the rope over Skipper B’s head so he/she can jump. ✯ Both skippers should start facing in the same direction and need to take turns as the jumper and the turner ✯ Clapping a beat may aid children having trouble with rhythm and timing.</td>
<td><strong>Challenge 1</strong> Practice basic level 1 skills eg straddle, full turn, jogging in a double bounce <strong>Challenge 2</strong> Practice basic level 1 skills eg straddle, full turn, jogging in a single bounce <strong>Challenge 3</strong> Four jumps of one skipper into 4 jumps of the other skipper <strong>Challenge 4</strong> Try alternating one jumper at a time</td>
</tr>
<tr>
<td><strong>1 rope Both Turning Both Jumping</strong></td>
<td>✯ Skippers A &amp; B stand close side by side placing rope behind both skippers ✯ ensure the rope is long enough to go over both the jumpers ✯ it is important children practice without the rope jumping in time and turning their outside arms ✯ try and co-ordinate a mini routine</td>
<td><strong>Challenge 1</strong> Practice basic level 1 skills eg straddle, full turn, jogging in a double bounce <strong>Challenge 2</strong> Practice basic level 1 skills eg straddle, full turn, jogging in a single bounce <strong>Challenge 3</strong> Attempt 4 fast skips and 1 Double Under <strong>Challenge 4</strong> Make up your own routine</td>
</tr>
</tbody>
</table>
## Partner Skills

<table>
<thead>
<tr>
<th>Piggy in the Middle</th>
<th>Description</th>
<th>Activity</th>
</tr>
</thead>
</table>
| 1 Rope 2 Turners 1 Jumper | ✭ Skipper B stands in front of the rope  
✭ on the count “Ready Set Go”, skipper A and C turn the rope over Skipper B, staying in time to a double jump beat.  
✭ turners should practice this beat without the jumper in the ropes  
✭ jumper should be practising outside the ropes while A&C are practicing turning  
every child should attempt all 3 positions | **Challenge 1**  
Coach with stopwatch gives each skipper a chance to be in each position for no more than 30 seconds, then coach calls “Stop Drop Swap”  
**Challenge 2**  
Each jumper has a go at trying basic skills within the rope  
**Challenge 3**  
Jumpers and turners attempt a Level 1 skill at the same time together |

<table>
<thead>
<tr>
<th>Piggy in the Middle Figure of Eight</th>
<th>Description</th>
<th>Activity</th>
</tr>
</thead>
</table>
| set up 2 or more Piggy in the Middle turners so that the jumper can move from rope to rope.  
✭ practice the turners staying in time with each other, checking there is enough distance between each set of ropes for a jumper to move from one lot of ropes to the next.  
✭ practice without a skipper in the ropes first.  
✭ line up all the skippers  
✭ make sure the rope is moving away from them  
✭ on “Ready Set Go” attempt to move the jumpers through the ropes without error in a figure of eight  
✭ make sure jumper starts at the shoulder beside the turner and exits beside the shoulder of the opposite turner  
✭ each skipper should continue to enter and exist each rope in this figure of eight pattern  
✭ each should be encouraged to both turn and jump. | **Challenge 1**  
try your skippers entering through the middle of the rope and continue moving through in a relay fashion |

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### Partner Skills

<table>
<thead>
<tr>
<th>Description</th>
<th>Activity</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Pre Chinese Wheel</strong></td>
<td>Challenge 1. Coach with a stopwatch sets up groups of 3 and times them for 15 seconds then call “Stop Drop Swap”. Each member moves to another position as quickly as possible. <strong>Challenge 2.</strong> ABC turning while other members line up to skip through the alternate ropes.</td>
</tr>
</tbody>
</table>

- this is a pre Chinese Wheel skill
- Person B (in the middle) is turning 2 ropes at different times
- firstly practice A turning with B and then B with C
- the final stage is to have A/B rope moving at an alternative time to B/C’s ropes.

An effective count to apply is “Ready Set Go” – “1 turn for AB], 2 [turn for BC]”

| **Traveller** | Challenges: 1. line up more than 2 children, see how many can be travelled over without a miss 2. see if the group can progress to a single bounce – remember to practice without a rope 3. try and travel over the group without a space 4. Skipper A travels in front of the group so that the jumper is behind 5. stagger the line so that Skipper A has to jump behind B then in front of C. |

- Skipper A checks that they have a long enough rope to travel with – ie must be able to fit over A and one other skipper. Generally Skipper A would be taller than skipper B and C.
- skipper A lines up beside B and C – with AB and C all jumping in time to a double bounce count without rope.
- Skipper A says “Ready Set Go” and does a double bounce and travels behind Skipper B & jumps with rope going over Skipper B.
- Skipper A leaves a basic jump between skipper B and C.
- jumper should call out the other children’s names as they are travelled over eg “Space” “Tom” “Space” “Sue”
### Partner Skills

<table>
<thead>
<tr>
<th>Partner Skills</th>
<th>Description</th>
<th>Activity</th>
</tr>
</thead>
</table>
| **Twins** | ☆ Skipper A & B stand beside each other swapping handles with their inside hands.  
☆ Skipper A & B then place ropes behind them  
☆ on the count “Ready Set Go”, A&B move both pairs of arms at the same time over their bodies to jump the ropes. | **Challenges:**  
1. A&B should attempt to co-ordinate a mini routine consisting of basic level 1 skills eg full turns, straddles, jogging steps. |
| **2 in 1 Rope** | ☆ Skipper A turns the rope while Skipper B jumps inside the rope  
☆ Skipper A needs to check:  
(1) that their arms are wide enough  
(2) rope is long enough  
(3) skipper B is close enough  
☆ practice without the rope together and ensure they are in time. | **Activity:**  
1. Around the world – skipper B stays in close alignment and moves all the way around the turner  
2. Single bounce eg 4 slow jumps into 4 faster jumps with jumper standing in front of the turner  
3. Through the legs - skipper B squats and jumps through skipper A’s legs.  
4. Bullfighter – same as around the world except that when the jumper moves around the side, the turner will perform a wide side swing that the jumper still jumps |
| **Triplets** | ☆ Skippers A,B & C stand close side by side placing rope behind both skippers  
☆ ensure the rope is long enough to go over both the jumpers  
☆ it is important children practice without the rope jumping in time and turning their outside arms  
☆ try and co-ordinate a mini routine | **Challenges:**  
1. Practice basic level 1 skills eg straddle, full turn, jogging in a double bounce  
2. Practice basic level 1 skills eg straddle, full turn, jogging in a single bounce  
3. Attempt 4 fast skips and 1 Double Under  
4. Make up your own routine. |
How to be a STAR Skipper with Long Rope Skills

Before attempting Level 1 Long Rope Skills it is important all turners and jumpers have mastered the basic “double jump”. This is the fundamental skill for all long rope tricks and counts.

Long Rope can be divided into five sections:
- turning
- jumping
- entering
- exiting
- skills

Remember to:
- practice the skills and counts outside of the rope first
- rotate turners and jumpers so that everyone attempts the different positions
- make sure everyone has a go at jumping and turning in the same session

The following table summarises techniques and activities that will aid the coach in introducing Long Rope Skills.
### Long Rope Skills

#### Turning

- ✴️ stand up straight with head facing the other turner
- ✴️ feet approximately shoulder width apart
- ✴️ arms and elbows close to body, waist height, bent at 90 degrees
- ✴️ **Important note:** a good turner will learn to drop the rope if the jumper trips up in the rope
- ✴️ this is why the turner should never wrap the rope around their hand
- ✴️ if a rope is too long change to a shorter length
- ✴️ rope always moves towards where the jumper will be standing

#### JUMPING

*(starting inside the rope)*

- ✴️ jump approx 5cm off the ground (high enough to clear rope but not lose balance or rhythm)
- ✴️ keep feet together
- ✴️ knees slightly bent
- ✴️ arms slightly in front
- ✴️ adopt the double bounce (a normal jump followed by a rebound jump)
- ✴️ jump up and down aiming to land in same spot
- ✴️ make sure jumper is in the middle of the long rope and is facing one of the turners
- ✴️ practise jumping outside the rope while the turners are practising

### Description

- sway rope from side to side without turning it over
- on Ready (sway back) Set (sway forward) Go (sway back) Jump In (turn the rope over)
- keeping a steady double bounce beat
- checkpoint: Check that the rope is long enough to touch the ground and that it is not too floppy or low and is makes a balanced arc as it rotates
- A game to play is **Evie Ivie O Ver**
- on **Evie** sway away from the jumper
- on **Ivie** sway towards the jumper
- on **O** sway away from jumper
- on **Ver** turn the rope over the jumpers head
- see how many jumps you can do aim for 10

### Activity

- play **Evie Ivie O ver**
- start in the middle of the ropes and have turners use the **Ready Set Go Jump In** count to cue the jumper that the rope will be turned over their head
- **Challenge 1:** see how many jumps can be done without an error OR in 30 seconds
- then on **Stop Drop Swap** jumper rotates with the turners – calculate the total number of jumps
- **Challenge 2:** see how many people can fit inside the rope and how many jumps can be done

**Helpful Hint:** for those children having difficulty in continuing to jump count “jump jump jump” etc clapping the beat with your hands.
## Long Rope Skills

### Entering the Long Rope

<table>
<thead>
<tr>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>jumper stands by the shoulder of one of the turners.</td>
</tr>
<tr>
<td>the rope is then turned towards the jumper.</td>
</tr>
<tr>
<td>Turners count <strong>Ready Set Go Jump In</strong> every time rope hits floor</td>
</tr>
<tr>
<td>jumper prepares on Go and enters on <strong>Jump In</strong> where they will continue jumping</td>
</tr>
<tr>
<td>Jumper moves diagonally from turners side straight into the middle of the ropes</td>
</tr>
<tr>
<td>coach may <strong>mark a cross</strong> on the floor to denote where the <strong>centre</strong> is</td>
</tr>
<tr>
<td>children experiencing difficulty should practise their entry with the rope laid on the floor</td>
</tr>
<tr>
<td>when basic count is mastered turners may make the count faster</td>
</tr>
</tbody>
</table>

### Exiting the Long Rope

<table>
<thead>
<tr>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>The turners will count <strong>1 2 Jump Out</strong> as the rope hits the floor</td>
</tr>
<tr>
<td>the jumper will do three jumps (<strong>1 2 Jump</strong>)</td>
</tr>
<tr>
<td>and exit on the 4th jump (<strong>Out</strong>)</td>
</tr>
<tr>
<td>jumper should learn to exit on both sides</td>
</tr>
<tr>
<td>the jumper will exit on a diagonal to the shoulder of the turner they are facing</td>
</tr>
<tr>
<td>exiting as the rope is moving away from the direction of where they will exit</td>
</tr>
<tr>
<td><strong>Helpful Hint:</strong> many beginners forget to jump out on the 4th jump</td>
</tr>
<tr>
<td>remind children they cannot run or step out of the ropes must jump</td>
</tr>
<tr>
<td>children still experiencing difficulty should practise their exit with the rope laid on the floor</td>
</tr>
<tr>
<td>when basic count is mastered turners may decide to make the count faster</td>
</tr>
</tbody>
</table>

### Activity

**Challenge 1:** the jumper may enter through the middle of the turners legs where they will stand in front of the turner then run in and jump

**Challenge 2:** place a coin in the middle of the floor once jumper has entered the ropes they attempt to bend down and pick up the coin without losing their rhythm and tripping up in the ropes

**Challenge 1:** the jumper may exit through the middle of the turners legs after 4 jumps the turners will raise the rope and the jumper will squat and then crawl through the turners legs.

**Challenge 2:** see figure of 8 instructions
## Long Rope Skills

### Figure of 8

- A jumper moves in a Figure of 8 movement around each of the turners and through the ropes.
- It will be important to show children the Figure of 8 pattern by placing the rope on the floor and practising several times around the turners before involving the ropes.

### Challenge 1:
- Jumper attempts the figure of 8 movement by completing 1 jump then running through and around

### Challenge 2:
- Jumper attempts the figure of 8 movement by completing 3-5 jumps then running through and around

### Challenge 3:
- Line up in a diagonal more than one child and attempt the figure of 8 without missing a loop

**NOTE:**
- Children complete one jump each
- The next child runs in as the first is running out
- Rules may vary based on number and ability of children

### Skills Inside the Long Rope

- This will involve children who have mastered the basic entry and exit in long rope.
- For level 1 skill ideas refer to level one single rope skills on pages.
- Remember to practise outside the ropes first and to rotate turners and jumpers.

### Challenge 1:
- Try a combination of level 1 skills

### Challenge 2:
- Attempt level 1 skills with a partner. This should occur with each jumper standing next to a turner.

### Challenge 3:
- Entering from the middle try level 1 skills with more than 2 jumpers.

### Challenge 4:
- Entering from the side of the turner with a piece of equipment eg bouncy ball, or pogosticks.

**N.B:** Children should have had extensive practise on this equipment before attempting to use it while jumping.

### Challenge 5:
- A child stands outside the rope and throws a ball to another who is jumping inside the rope. The child outside should stand approx 1m away - far enough to not be hit by rope but close enough to throw and catch.
Single Rope (with one jumper) Inside a Long Rope

- The single rope skipper (Person C) stands in the middle of the long rope (in front of) and will have their single rope behind them.
- Person A and B are the turners of the long rope and will not be jumping.
- On Ready Set Go and Jump, A and B turn their ropes at exactly the same time as C turns and jumps.
- This should be practised without ropes several times standing in correct position.
- Problems may occur if skippers are not in time or ropes are too short or long.

Challenge 1: Person C should try and jump with another person standing in front of them.

Challenge 2: Person C should try and travel over 2 or more other skippers in the long rope.

Challenge 3: Try 2 or more people skipping inside the long rope with their single ropes doing the same tricks.

N.B the length of the long rope will determine how many will fit comfortably.

Single Rope (with two turners) Inside a Long Rope

- Person C and D will stand in the middle of the long rope with a shorter rope.
- They will be holding this rope with their inside hand but will not be attempting to jump this shorter rope but standing beside this shorter rope.
- Person A and B hold the long rope.
- On Ready Set Go and Jump, A, B, C and D turn the ropes at exactly the same time.
- This should be practised without ropes several times.
- Problems may occur if ABCD are not in time or if ropes are too short or long.
- This may suggest need more time without the ropes or adjustment of rope lengths.

Challenge 1: Person C and D should try and jump the shorter rope together standing next to each other.

Challenge 2: Person C and D should try to skip in the long rope with someone else in the middle of the ropes.

Challenge 3: Attempt 3 in 1 rope.
## Long Rope Skills

### Rainbow

<table>
<thead>
<tr>
<th>Description</th>
<th>Activity</th>
</tr>
</thead>
<tbody>
<tr>
<td>✪ Person A and B are the turners of the long rope (#1) and will not be jumping</td>
<td><strong>Challenge 1:</strong> Person A B C D and E all attempt to jump</td>
</tr>
<tr>
<td>✪ Person C and D will stand in the middle of the long rope standing beside a shorter rope (#2)</td>
<td>A and B will just need to stand in front of the rope and hold rope #1 in their outside hands</td>
</tr>
<tr>
<td>✪ they will be holding this rope with their inside hand but will not be attempting to jump rope #2</td>
<td><strong>Challenge 2:</strong> add two more single rope skippers on either side of C D E</td>
</tr>
<tr>
<td>✪ the single rope skipper (Person E) stands in the front of rope #2 with their own rope(#3) behind them</td>
<td><strong>Challenge 3:</strong> put another jumper in front of skipper E</td>
</tr>
<tr>
<td>✪ very important that Person E is positioned exactly in the middle of rope #1</td>
<td><strong>Challenge 4:</strong> create your own rainbow using as many skippers as possible</td>
</tr>
<tr>
<td>✪ On Ready Set Go and Jump Person A B C D and E will turn the ropes at exactly the same time</td>
<td></td>
</tr>
<tr>
<td>✪ this should be practised without ropes several times standing in the correct position</td>
<td></td>
</tr>
<tr>
<td>✪ problems may occur if ABCDE are not in time or if ropes are to short or long</td>
<td></td>
</tr>
<tr>
<td>✪ this may suggest need more time without the ropes or adjustment of rope lengths</td>
<td></td>
</tr>
<tr>
<td>Long Rope Skills</td>
<td>Description</td>
</tr>
<tr>
<td>------------------</td>
<td>-------------</td>
</tr>
<tr>
<td><strong>Triangle</strong></td>
<td>★ 3 people stand equal distance apart from each other with ropes of the same length ★ they will stand close enough that the ropes will touch the ground, but further enough apart that ropes won’t touch each other ★ all turners will move their hands at exactly the same time, turning their hands into the middle of the circle ★ ropes should move in time to a double bounce count</td>
</tr>
<tr>
<td><strong>Eggbeater</strong></td>
<td>★ lay two ropes of exactly the same length on the floor crossing one on top of the other ★ four turners will then pick up a handle ★ check that ropes are touching the ground in the centre ★ skipper jumps in to a double bounce count and performs skills</td>
</tr>
<tr>
<td>Long Rope Skills</td>
<td>Description</td>
</tr>
<tr>
<td>------------------</td>
<td>-------------</td>
</tr>
</tbody>
</table>
| Interlocker      | ★ The goal of this activity is to have 4 people sharing 2 ropes that will be turned at alternative times  
★ Person A and B are turners on the outside. They are holding the ropes in their inside hands.  
★ Person A is sharing a rope with Person C who will hold the rope with the hand closest to Person A. Person C will be jumping this rope.  
★ Person B is sharing the rope with Person D who will hold the rope in the hand closest to Person B. Person D will be jumping this rope.  
★ Start with both ropes behind C and D. Place A and C’s rope on top of B and D’s rope.  
And C’s rope will be the first rope turned and jumped.  
The count will be Ready Set Go 1, 2, 1, 2.  
On the first jump (1) A and C’s rope on top will turn over and be jumped on the second jump (2) B and D’s rope will be turned and jumped. This will continue that jump 1 will be A and C’s rope and jump 2 will be B and D’s rope.  
Problems may occur if the turners do not keep the ropes alternating and fall in time with each other, the jumpers forget when it is their turn to jump, if both ropes are not exactly the same length or are too short or long. | Challenge 1: Calculate how many jumps can be done by both the jumpers.  
Challenge 2: Have people line up and see if they can jump through the alternate ropes.  
Challenge 3: Have the turners jump into the ropes when their ropes are turning.  
Challenge 4: Attempt to skip all at the same time |
How to be a STAR Skipper with Double Dutch Skills

Before attempting level one Double Dutch skills it is important that all turners and jumpers have mastered the basic “single bounce” and have made positive attempts in completing Long Rope Skills. Double Dutch can be divided into 5 sections 1. turning, 2. jumping, 3. entering, 4. exiting, 5. skills.

For every new skill learnt there is a progression that should be followed so that the skippers maximise their chances of completing the skills successfully

1. turners practise without the jumpers
2. jumpers practise inside ropes laid on the floor without any turning
3. turners practise while jumpers practise on the outside
4. attempt the skill with jumpers and turners working together

AT EACH STAGE THE COUNT SHOULD BE CALLED ALOUD SO THAT JUMPERS AND TURNERS ARE LEARNING AND PRACTISING THE SAME COUNT IN PREPARATION FOR THE DOUBLE DUTCH SKILL. EVEN TOP LEVEL WORLD TEAMS STILL COUNT ALOUD.

This is very important as Double Dutch relies heavily on teamwork. Many believe that the jumper is the more skilled double dutch skipper. However the turner has an equally difficult job in staying in time to the set beat or rhythm as well as remembering the necessary counts needed.

Checkpoints

★ important to rotate turners and jumpers
★ that double dutch ropes are the same length and preferably different colours
★ thatturners are not crossing their midlines
★ that ropes are touching the ground
★ the ropes are forming an even balanced arc
★ that both jumpers and turners are learning the same count in preparation for the skills
★ that both jumpers and turners are in time with each other
★ important to allow every child to be successful so modifying the activity to cater for the ability level followed by praise is essential for the skippers self esteem
## Double Dutch Skills

### Turning

<table>
<thead>
<tr>
<th>Description</th>
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</tr>
</thead>
<tbody>
<tr>
<td>★ stand up straight with head facing towards the other turner</td>
<td><strong>Challenge 1:</strong></td>
</tr>
<tr>
<td>★ feet approximately shoulder width apart</td>
<td>★ Work in groups of 4 with 2 turners &amp; 2 jumpers</td>
</tr>
<tr>
<td>★ arms and elbows bent at 90 degrees waist height</td>
<td>★ the pair turning are turning to a beat set by either clapping or music</td>
</tr>
<tr>
<td>★ before holding the ropes practise turning the wrist around in a circular</td>
<td>★ the 2 jumpers are jumping in time with the ropes standing next to the</td>
</tr>
<tr>
<td>motion towards the centre of your body alternating hands</td>
<td>turners</td>
</tr>
<tr>
<td>★ not flicking your wrist in or out</td>
<td>★ every 30 sec call Stop Drop Swap</td>
</tr>
<tr>
<td>★ then both turners will hold a rope in each hand</td>
<td>where the turners drop the ropes and swap over with the jumpers</td>
</tr>
<tr>
<td>★ if possible choose 2 different coloured ropes exactly the same length</td>
<td>Goal: vary the speed of the beat to challenge the skippers to stay in</td>
</tr>
<tr>
<td>★ decide on which rope will start 1st then alternate one rope at a time in</td>
<td>time.</td>
</tr>
<tr>
<td>a count similar to the 12 beat of a single bounce</td>
<td><strong>Challenge 2:</strong></td>
</tr>
<tr>
<td>★ visualise that there is a brick wall in the middle of your body so that</td>
<td>★ organise the group so that everyone has a partner and a set of double</td>
</tr>
<tr>
<td>the arm cannot cross over through the midline</td>
<td>dutch ropes</td>
</tr>
<tr>
<td>★ this is to avoid ropes touching and will aid in turning</td>
<td>★ 1 clap: the turners turn to a normal 1, 2 beat</td>
</tr>
<tr>
<td>★ helping hints to maintain the beat: beaded ropes</td>
<td>★ 2 claps: both turners drop to their knees and turn ropes aiming to</td>
</tr>
<tr>
<td>★ clapping hands</td>
<td>maintain rhythm and arc</td>
</tr>
<tr>
<td>★ metronome</td>
<td>★ 3 claps: standing upright but increasing speed</td>
</tr>
<tr>
<td>★ playing music</td>
<td><strong>Challenge 3 – Side Exchange</strong></td>
</tr>
<tr>
<td>Checkpoints:</td>
<td>★ attempt to take the ropes from the turner from a side position</td>
</tr>
<tr>
<td>Rope is touching the ground in the middle</td>
<td>without losing the rhythm or letting the ropes click</td>
</tr>
<tr>
<td>Ropes are forming an even balanced arc</td>
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<tr>
<td>Children are holding the handles and not coiling it around their wrists.</td>
<td>★ attempt to take the ropes from the turner from a rear position</td>
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<td>This is so they are ready to drop the ropes in case the jumpers get caught.</td>
<td>without losing the rhythm or letting the ropes click</td>
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### Challenge 1:

- Work in groups of 4 with 2 turners & 2 jumpers
- The pair turning are turning to a beat set by either clapping or music
- The 2 jumpers are jumping in time with the ropes standing next to the turners
- Every 30 sec call Stop Drop Swap

**Goal:** Vary the speed of the beat to challenge the skippers to stay in time.

### Challenge 2:

- Organise the group so that everyone has a partner and a set of double dutch ropes
- 1 clap: The turners turn to a normal 1, 2 beat
- 2 claps: Both turners drop to their knees and turn ropes aiming to maintain rhythm and arc
- 3 claps: Standing upright but increasing speed

### Challenge 3 – Side Exchange

- Attempt to take the ropes from the turner from a side position without losing the rhythm or letting the ropes click

### Challenge 4 – Rear Exchange

- Attempt to take the ropes from the turner from a rear position without losing the rhythm or letting the ropes click
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<tr>
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</table>
| Entering the Double Dutch Ropes | ✧ jumper stands by the shoulder of one of the turners  
✦ Jumper moves diagonally from turners side - straight into the middle of the ropes  
✦ coach may decide to **mark a cross** on the floor to denote where the **centre** is for both turners and jumpers  
✦ Turners count **Ready Set Go In**  
✦ Jumper prepares on **In** and enters on **Jump Jump** where they will continue jumping  
✦ it helps to have 2 different coloured ropes so that the turners and jumpers can identify which rope they are counting  
✦ skippers should practise their entry with the ropes laid on the floor before trying it with ropes turning  
✦ most problems with entry are skippers forgetting to jump once they’ve entered  
✦ if this occurs count them in and continue to say **Jump Jump** to help with their rhythm | **Challenge 1**: each jumper aims to do 10 jumps without any errors increase the benchmark with increased confidence  
**Challenge 2**: in groups of 3 (2 turners and a jumper) use the Stop Drop Swap count to rotate everyone through each position. Spend approx 30secs on each position.  
**Challenge 3**: the jumper may enter through the middle of the turners legs where they will stand in front of the turner then run in and jump counting either rope and adopting the same count for normal entry.  
**Challenge 4**: stand to the left of the turner, place your left foot forward, on the normal entrance count enter on your right foot and continue in a jogging pattern This is the correct technique for Double Dutch Speed.  
**Challenge 5**: see if you can increase your speed without losing rhythm.  
**Helpful Hint**: for those children having difficulty in continuing to jump count “jump jump jump” etc clapping the beat with your hands. |

Please note that the jumper can enter from the right side of the turner but left side is preferred.
### Double Dutch Skills

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<tr>
<td><strong>Exiting the Long Rope</strong></td>
<td><strong>Challenge 1</strong>: the jumper may exit through the middle of the turners legs after 4 jumps the turners will raise the rope and the jumper will squat and then crawl through the turners legs. <strong>Challenge 2</strong>: see figure of 8 instructions</td>
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</table>

| **Figure of 8** | **Challenge 1**: jumper attempts the figure of 8 movement by completing 3 jumps then running through and around **Challenge 2**: jumper attempts the figure of 8 movement by completing 1 jump then running through and around **Challenge 3**: Several children line up in a diagonal and attempt the figure of 8 without missing a beat |

- The turners will count 1, 2, Jump Out as the rope hits the floor
- The jumper will do three jumps
- And exit on the 4th jump (Out)
- The jumper will exit to the left shoulder of the turner they are facing (this will be the jumpers right side)
- The turner they are facing should be the opposite turner in which they entered
- All of these steps should be practised with the ropes laid on the floor
- **Helpful Hints**: many forget to jump out on the 4th jump
- Remind children they cannot run or step out of the ropes, they must jump
- Children still experiencing difficulty should practise their exit with the rope laid on the floor

- A jumper moves in a Figure of 8 movement around each of the turners and through the ropes
- It will be important to show children the Figure of 8 pattern by placing the rope on the floor and practising several times around the turners before involving the ropes
- The number of jumps will always need to be odd
- **Remember to let all children jump and turn**

- Children complete one jump each
- The goal for the next child in line is to run in as the child in front is running out
- The rules of this game may vary based on the number and ability of the children
## Double Dutch Skills

**Skills Inside the Double Dutch Ropes**

- This will involve children who have mastered the basic entry and exit in double dutch.
- For level 1 skill ideas refer to level one single rope skills on pages.
- Remember to practise outside the ropes first and to rotate turners and jumpers.

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<tr>
<td><strong>Challenge 1</strong>: try a combination of level 1 skills before exiting.</td>
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<td><strong>Challenge 2</strong>: attempt level 1 skills with a partner entry should occur with each jumper standing next to each of the turners.</td>
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<td><strong>Challenge 3</strong>: entering from the middle try level 1 skills with more than 2 jumpers.</td>
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<td><strong>Challenge 4</strong>: entering from the side of the turner with a piece of equipment eg bouncy ball, basketball, Saturn balls and pogosticks. N.B children should have had extensive practise on this equipment before attempting to use it while jumping.</td>
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<td><strong>Challenge 5</strong>: a child stands outside the rope and throws a ball to another child who is jumping inside the rope. The child outside the ropes should line up facing the jumper and stand approx. 1m away. Far enough to not be hit by rope. But close enough to make accurate passes and catches. Great activity for keeping in time!</td>
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### DOUBLE DUTCH SKILLS

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<tr>
<th>Double Dutch Skills</th>
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<th>Activity</th>
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</table>
| **Single Rope inside Double Dutch Ropes** | ✪ the single rope skipper (Person C)  
✪ enters the double dutch ropes with their single rope behind them facing the opposite turner in which they’ve entered  
✪ it is important that they lift their rope off the ground and do not start skipping until they have done a few jumps inside the double dutch ropes before they start turning their own rope  
✪ On Ready Set Go Skipper C will begin turning their own rope remembering not to let their feet stop jumping  
✪ this should be practised without the double dutch ropes turning several times standing in the correct position  
✪ when exiting the ropes Skipper C should stop the single rope and lift it up before jumping out  
✪ problems may occur if skipper C does not keep their feet jumping as they are attempting to turn their rope  
✪ this may suggest need more time without the ropes or adjustments of rope length | **Challenge 1:** Person C should count how many jumps they can do in the single rope before making a mistake or in a given time  
**Challenge 2:** attempt to do level one skills with the single rope inside the Double Dutch ropes  
**Challenge 3:** attempt to do Double Unders with the single rope inside the Double Dutch ropes  
**Turners will need to slow down the ropes** |
How to be a STAR Skipper with Double Dutch Skills

Before attempting level one Double Dutch skills it is important that all turners and jumpers have mastered the basic “single bounce” and have made positive attempts in completing Long Rope Skills.

Double Dutch can be divided into 5 sections 1. turning, 2. jumping, 3. entering, 4. exiting, 5. skills.

For every new skill learnt there is a progression that should be followed so that the skippers maximise their chances of completing the skills successfully

1. turners practise without the jumpers
2. jumpers practise inside ropes laid on the floor without any turning
3. turners practise while jumpers practise on the outside
4. attempt the skill with jumpers and turners working together

AT EACH STAGE THE COUNT SHOULD BE CALLED ALOUD SO THAT JUMPERS AND TURNERS ARE LEARNING AND PRACTISING THE SAME COUNT IN PREPARATION FOR THE DOUBLE DUTCH SKILL. EVEN TOP LEVEL WORLD TEAMS STILL COUNT ALOUD.

This is very important as Double Dutch relies heavily on teamwork. Many believe that the jumper is the more skilled double dutch skipper. However the turner has an equally difficult job in staying in time to the set beat or rhythm as well as remembering the necessary counts needed.

Checkpoints

- important to rotate turners and jumpers
- that double dutch ropes are the same length and preferably different colours
- that turners are not crossing their midlines
- that ropes are touching the ground
- the ropes are forming an even balanced arc
- that both jumpers and turners are learning the same count in preparation for the skills
- that both jumpers and turners are in time with each other
- important to allow every child to be successful so modifying the activity to cater for the ability level followed by praise is essential for the skippers self esteem
## Double Dutch Skills

### Turning

- Stand up straight with head facing towards the other turner
- Feet approximately shoulder width apart
- Arms and elbows bent at 90 degrees waist height
- Before holding the ropes practise turning the wrist around in a circular motion towards the centre of your body alternating hands
- Not flicking your wrist in or out
- Then both turners will hold a rope in each hand
- If possible choose 2 different coloured ropes exactly the same length
- Decide on which rope will start first then alternate one rope at a time in a count similar to the 12 beat of a single bounce
- Visualise that there is a brick wall in the middle of your body so that the arm cannot cross over through the midline
- This is to avoid ropes touching and will aid in turning
- Helping hints to maintain the beat: beaded ropes
- Clapping hands
- Metronome
- Playing music

**Checkpoints:**
- Rope is touching the ground in the middle
- Ropes are forming an even balanced arc
- Children are holding the handles and not coiling it around their wrists. This is so they are ready to drop the ropes in case the jumpers get caught.

### Description

**Challenge 1:**
- Work in groups of 4 with 2 turners & 2 jumpers
- The pair turning are turning to a beat set by either clapping or music
- The 2 jumpers are jumping in time with the ropes standing next to the turners
- Every 30 sec call Stop Drop Swap where the turners drop the ropes and swap over with the jumpers

**Goal:** Vary the speed of the beat to challenge the skippers to stay in time.

**Challenge 2:**
- This is a turning drill using a 3 clap system
  - Organise the group so that everyone has a partner and a set of double dutch ropes
  - 1 clap: the turners turn to a normal 1, 2 beat
  - 2 claps: both turners drop to their knees and turn ropes aiming to maintain rhythm and arc
  - 3 claps: standing upright but increasing speed

**Challenge 3 – Side Exchange**
- Attempt to take the ropes from the turner from a side position without losing the rhythm or letting the ropes click

**Challenge 4 – Rear Exchange**
- Attempt to take the ropes from the turner from a rear position without losing the rhythm or letting the ropes click
## Double Dutch Skills

### JUMPING
Starting in the Middle of the Double Dutch Ropes

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<td>★ jump approximately 5cm off the ground (should be enough to clear rope but not lose balance or rhythm)</td>
<td>★ refer to long rope jumping challenges</td>
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<td>★ keep feet together</td>
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<td>★ arms slightly in front</td>
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<td>★ adopt the single bounce</td>
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<tr>
<td>★ remember to jump up and down aiming to land in approx same spot each time</td>
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<tr>
<td>★ make sure jumper is in the middle of the double dutch ropes and is facing one of the turners</td>
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<td>★ practise jumping in time outside the rope while the turners are practising</td>
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<td>★ start in the middle of the ropes and have turners use the <strong>Ready Set Go Jump</strong> count to cue the jumper that the rope will be turned over their head</td>
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### Double Dutch Skills

#### Entering the Double Dutch Ropes

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<td><strong>Challenge 1</strong>: each jumper aims to do 10 jumps without any errors; increase the benchmark with increased confidence.</td>
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<td>☆ Jumper moves diagonally from turners side - straight into the middle of the ropes</td>
<td><strong>Challenge 2</strong>: in groups of 3 (2 turners and a jumper) use the Stop Drop Swap count to rotate everyone through each position. Spend approx 30secs on each position.</td>
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<td>☆ coach may decide to <strong>mark a cross</strong> on the floor to denote where the <strong>centre</strong> is for both turners and jumpers</td>
<td><strong>Challenge 3</strong>: the jumper may enter through the middle of the turners legs where they will stand in front of the turner then run in and jump counting either rope and adopting the same count for normal entry.</td>
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<tr>
<td>☆ Turners count <strong>Ready Set Go In Jump Jump</strong> every time the rope closest to the jumper hits the floor</td>
<td><strong>Challenge 4</strong>: stand to the left of the turner, place your left foot forward, on the normal entrance count enter on your right foot and continue in a jogging pattern. This is the correct technique for Double Dutch Speed.</td>
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<td>☆ jumper prepares on <strong>In</strong> and enters on <strong>Jump Jump</strong> where they will continue jumping</td>
<td><strong>Challenge 5</strong>: see if you can increase your speed without losing rhythm.</td>
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<td>☆ it helps to have 2 different coloured ropes so that the turners and jumpers can identify which rope they are counting</td>
<td><strong>Helpful Hint</strong>: for those children having difficulty in continuing to jump count “jump jump jump” etc clapping the beat with your hands.</td>
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<td>☆ skippers should practise their entry with the ropes laid on the floor before trying it with ropes turning</td>
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<td>☆ most problems with entry are skippers forgetting to jump once they’ve entered</td>
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<td>☆ if this occurs count them in and continue to say <strong>Jump Jump</strong> to help with their rhythm</td>
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<tr>
<td>☆ turners are slowing the ropes down a fraction to allow the jumper to get in</td>
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</tr>
<tr>
<td>☆ turners are not crossing their midline and letting the ropes touch</td>
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<tr>
<td>☆ skippers are not jumping flatfooted</td>
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<tr>
<td>☆ skippers are not jumping to low or to high</td>
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<td>☆ skippers are staying in time with the 12 beat</td>
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Please note that the jumper can enter from the right side of the turner but left side is preferred.
### Double Dutch Skills

#### Exiting the Long Rope

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<td>★ the jumper will do three jumps</td>
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<td>★ and exit on the 4th jump (Out)</td>
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<td>★ the jumper will exit to the left shoulder of the turner they are facing (this will be the jumpers right side)</td>
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<td>★ the turner they are facing should be the opposite turner in which they entered</td>
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<td>★ all of these steps should be practised with the ropes laid on the floor</td>
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<td>★ Helpful Hints: many forget to jump out on the 4th jump</td>
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<td>★ remind children they cannot run or step out of the ropes, they must jump</td>
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<td>★ children still experiencing difficulty should practise their exit with the rope laid on the floor</td>
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#### Figure of 8

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<td>★ a jumper moves in a Figure of 8 movement around each of the turners and through the ropes</td>
<td>Challenge 1: jumper attempts the figure of 8 movement by completing 3 jumps then running through and around</td>
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<td>★ it will be important to show children the Figure of 8 pattern by placing the rope on the floor and practising several times around the turners before involving the ropes</td>
<td>Challenge 2: jumper attempts the figure of 8 movement by completing 1 jump then running through and around</td>
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<td>★ the number of jumps will always need to be odd</td>
<td>Challenge 3: Several children line up in a diagonal and attempt the figure of 8 without missing a beat</td>
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<td>★ Remember to let all children jump and turn</td>
<td>★ children complete one jump each</td>
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<td>★ the goal for the next child in line is to run in as the child in front is running out</td>
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<td>★ the rules of this game may vary based on the number and ability of the children</td>
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★ remember to practise outside the ropes first and to rotate turners and jumpers | Challenge 1: try a combination of level 1 skills before exiting  
Challenge 2: attempt level 1 skills with a partner entry should occur with each jumper standing next to each of the turners  
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Challenge 4: entering from the side of the turner with a piece of equipment eg bouncy ball, basketball, Saturn balls and pogosticks  
N.B children should have had extensive practise on this equipment before attempting to use it while jumping  
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The child outside the ropes should line up facing the jumper and stand approx. 1m away.  
Far enough to not be hit by rope  
But close enough to make accurate passes and catches.  
Great activity for keeping in time! |
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★ enters the double dutch ropes with their single rope behind them facing the opposite turner in which they’ve entered  
★ it is important that they lift their rope off the ground and do not start skipping until they have done a few jumps inside the double dutch ropes before they start turning their own rope  
★ On Ready Set Go Skipper C will begin turning their own rope remembering not to let their feet stop jumping  
★ this should be practised without the double dutch ropes turning several times standing in the correct position  
★ when exiting the ropes Skipper C should stop the single rope and lift it up before jumping out  
★ problems may occur if skipper C does not keep their feet jumping as they are attempting to turn their rope  
★ this may suggest need more time without the ropes or adjustments of rope length | **Challenge 1:** Person C should count how many jumps they can do in the single rope before making a mistake or in a given time  
**Challenge 2:** attempt to do level one skills with the single rope inside the Double Dutch ropes  
**Challenge 3:** attempt to do Double Unders with the single rope inside the Double Dutch ropes  
**Turners will need to slow down the ropes** |
## LESSON PLAN 1

### WARM UP (10 minutes)

**A. Dynamic Movement: in lines**
- 1. 30secs of running on the spot
- 2. 30 secs 1 2 3 4 tuck jump or double unders
- 3. 30 secs of jumping with two feet together
- 4. clap game revising or introducing new skills

**B. Static Stretches**
- C. 4 stations each 1 min
  - 1. turning double dutch ropes
  - 2. side swinging
  - 3. speed balls
  - 4. fast running on the spot

### SPEED:
- Time 30 secs: children jog inside of rope - count right foot only
- Time 30 secs: children double unders in that time
- Time 1 min: children jog inside of rope - count right foot only
  (NOTE: Steps don’t have to be without error)

**CHILDREN RECORD SCORES EACH WEEK IN PASSPORT.**

### EQUIPMENT
- ★ 12 x 3m ropes
- ★ 6 x 3.5 m ropes
- ★ 4 x 4m ropes
- ★ 6 speed balls
- ★ stopwatch

<table>
<thead>
<tr>
<th>Single Rope (10 mins)</th>
<th>Partner (10 mins)</th>
<th>Long Rope (10 mins)</th>
<th>Double Dutch (10 mins)</th>
<th>Routine (5 mins)</th>
</tr>
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<tbody>
<tr>
<td>Discuss elements:</td>
<td>Posture</td>
<td>Posture</td>
<td>Posture</td>
<td>First 3 skills of Level 1 routine</td>
</tr>
<tr>
<td>Basic jumping</td>
<td>Technique</td>
<td>Technique</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Posture</td>
<td>Attempting skill outside rope</td>
<td>Attempting skill outside rope</td>
<td>Stop Swap Drop For turners and jumpers no skipping 1\textsuperscript{st} lesson</td>
<td></td>
</tr>
<tr>
<td>Technique</td>
<td>Practising count</td>
<td>Practising count</td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td>Double bounce</td>
<td>Double bounce</td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>New Skills</strong></td>
<td></td>
<td></td>
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<td></td>
</tr>
<tr>
<td>Double Bounce</td>
<td>1 rope/1 jumper both turning 1 rope/1 jumper both turning and jumping</td>
<td>Turning play Evie Ivie Over 1\textsuperscript{st} without jumping Teach basic entrance and exit again without ropes and learning the count Rotate all turners an jumpers Once mastered try with jumpers and turners</td>
<td>Stop Swap Drop For turners and jumpers no skipping 1\textsuperscript{st} lesson</td>
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</tr>
<tr>
<td>Side Straddle</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Extension</strong></td>
<td></td>
<td></td>
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<td></td>
</tr>
<tr>
<td>Do it in Backwards</td>
<td></td>
<td></td>
<td></td>
<td>Attempt Routine In Backwards</td>
</tr>
<tr>
<td>Without errors for 20 seconds</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>No jumps in between</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Making own combinations</td>
<td></td>
<td></td>
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<td></td>
</tr>
<tr>
<td>Try with basic level 1 skills like bell skier, side straddle 4 double bounces to 4 single bounces Alternating with 4 jumps each turner</td>
<td>Try the level 1 skills learnt in previous activities inside</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**SHARING TIME (2 minutes)**
Children in the group are encouraged to display something they have learnt or created themselves. Each week choose different children to display.

**COOL DOWN (5 minutes)**
- Static Stretches
- See ARSA Coaching Manual
## LESSON PLAN 2

### Equipment
- ★ 12 x 3m ropes
- ★ 6 x 3.5 m ropes
- ★ 4 x 4m ropes
- ★ 6 speed balls
- ★ stopwatch

### Warm Up (10 minutes)

**A. Dynamic Movement: in lines**
1. 30 secs of running on the spot
2. 30 secs 1 2 3 4 tuck jump or double unders
3. 30 secs of jumping with two feet together
4. clap game revising or introducing new skills

**B. Static Stretches**

**C. 4 stations each 1 min**
1. turning double dutch ropes  
2. side swinging  
3. speed balls  
4. fast running on the spot

### Review Rope (10 mins)

**New Skills**
- twister
- forward straddle
- fake pushup
- one foot bounce

**Extension**
- Do it in Backwards
- Without errors for 20 seconds
- No jumps in between
- Making own combinations

**SHARING TIME (2 minutes)**
Children in the group are encouraged to display something they have learnt or created themselves. Each week choose different children to display.

### Partner (10 mins)

**Review**
- Basic jumping
- Posture
- Technique
- Piggy in middle
- Stop swap drop make sure everyone has a go at jumping and turning
- Practising basic skills learnt from previous week

**New Skills**
- Attempting new Level 1 skills learnt from this week turners doing the same foot pattern as the jumper
- Ask children to put together a routine

**Extension**
- Attempting new Level 1 skills learnt from this week turners doing the same foot pattern as the jumper
- Ask children to put together a routine

**SHARING TIME (2 minutes)**
Children in the group are encouraged to display something they have learnt or created themselves. Each week choose different children to display.

### Long Rope (10 mins)

**Review**
- 1 rope 1 jumper both turning and jumping
- 1 rope/2 in 1 rope both turning
- Evie ivie over
- Entrances and exits

**New Skills**
- attempting new level 1 skills learnt from this week turners doing the same foot pattern as the jumper
- As children to put together a routine

**Extension**
- Attempting new level 1 skills learnt from this week turners doing the same foot pattern as the jumper
- Ask children to put together a routine

**SHARING TIME (2 minutes)**
Children in the group are encouraged to display something they have learnt or created themselves. Each week choose different children to display.

### Double Dutch (10 mins)

**Review**
- Posture
- Technique
- Attempting skill outside rope
- Practising count

**New Skills**
- Stop Swap Drop
- For turners and jumpers no skipping
- Practise 1st 3 skills without any mistakes

**Extension**
- Attempting new level 1 skills learnt from this week turners doing the same foot pattern as the jumper
- Ask children to put together a routine

**SHARING TIME (2 minutes)**
Children in the group are encouraged to display something they have learnt or created themselves. Each week choose different children to display.

### Routine (5 mins)

**Review**
- First 3 skills of Level 1 routine

**New Skills**
- Practising 1st 3 skills without any mistakes

**Extension**
- Attempting new level 1 skills learnt from this week turners doing the same foot pattern as the jumper
- Ask children to put together a routine

**SHARING TIME (2 minutes)**
Children in the group are encouraged to display something they have learnt or created themselves. Each week choose different children to display.

### Speed:

- Time 30 secs: children jog inside of rope - count right foot only
- Time 30 secs: children double unders in that time
- Time 1 min: children jog inside of rope - count right foot only

**Children record scores each week in passport.**

### Cool Down (5 minutes)

- Static Stretches
- See ARSA Coaching Manual
## LESSON PLAN 3

### WARM UP (10 minutes)

**A. Dynamic Movement: in lines**
- 1. 30 secs of running on the spot
- 2. 30 secs 1 2 3 4 tuck jump or double unders
- 3. 30 secs of jumping with two feet together
- 4. clap game revising or introducing new skills

**B. Static Stretches**

**C. 4 stations each 1 min**
- 1. turning double dutch ropes
- 2. side swinging
- 3. speed balls
- 4. fast running on the spot

### SPEED:
- Time 30 secs: children jog inside of rope - count right foot only
- Time 30 secs: children double unders in that time
- Time 1 min: children jog inside of rope - count right foot only

(Note: Steps don’t have to be without error)

**CHILDREN RECORD SCORES EACH WEEK IN PASSPORT.**

<table>
<thead>
<tr>
<th>Equipment</th>
<th>Single Rope (10 mins)</th>
<th>Partner (10 mins)</th>
<th>Long Rope (10 mins)</th>
<th>Double Dutch (10 mins)</th>
<th>Routine (5 mins)</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Review</td>
<td></td>
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<tr>
<td></td>
<td>Basic jumping</td>
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<td></td>
<td>Posture/Technique</td>
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<td></td>
<td>twister</td>
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<tr>
<td></td>
<td>forward straddle</td>
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<td></td>
<td>fake pushup</td>
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<td>one foot bounce</td>
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<td>New Skills</td>
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<td>Peekaboo</td>
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<td></td>
<td>The Boxer</td>
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<td></td>
<td>Jogging step</td>
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<td>The X</td>
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<td>Extension</td>
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<td>Do it in Backwards</td>
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<td>Without errors for 20 seconds</td>
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<td>No jumps in between</td>
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<td></td>
<td>Making own combinations</td>
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<td></td>
<td>Checklist passport skills.</td>
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<td></td>
<td>SHARING TIME (2 minutes)</td>
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<td></td>
<td>Children in the group are encouraged to display something they have learnt or created themselves. Each week choose different children to display.</td>
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<td></td>
<td>SHARING TIME (2 minutes)</td>
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<td></td>
<td>COOL DOWN (5 minutes)</td>
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<td></td>
<td>Static Stretches</td>
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<td></td>
<td>See ARSA Coaching Manual</td>
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</tr>
</tbody>
</table>
# LESSON PLAN 4

## WARM UP (10 minutes)

### A. Dynamic Movement: in lines
1. 30 secs of running on the spot
2. 30 secs 1 2 3 4 tuck jump or double unders
3. 30 secs of jumping with two feet together
4. clap game revising or introducing new skills

### B. Static Stretches

### C. 4 stations each 1 min
1. turning double dutch ropes  
2. side swinging  
3. speed balls  
4. fast running on the spot

## REVIEW

**Educational Principles**
- Posture/Technique  
- forward straddle  
- fake pushup  
- one foot bounce  
- Boxer  
- The X  

**New Skills**
- Double under  
- Single sideswing  
- Double sideswing  
- Sideswing x  
- Cross over

**Extension**
- Do it backwards  
- Without errors for 20secs  
- No jumps in between  
- Making own combinations  
- Checklist passport skills

**Posture/Technique**
- 1 rope 1 jumper both turning  
- 1 rope/2 in 1 rope both turning and jumping

**New Skills**
- 1 rope 1 jumper both turning  
- Choose 4  
- Skills learnt from last couple of weeks inside the long rope

**Extension**
- Attempting new Level 1 skills learnt from this week turners doing the same foot pattern as the jumper. Ask children to put together a routine

**New Skills**
- Attempt Level 1 Skills with their single rope in the Long rope double bounce

**Extension**
- Attempt Routine In Backwards

## SPEED:

- Time 30 secs: children jog inside of rope - count right foot only
- Time 30 secs: children double unders in that time
- Time 1 min: children jog inside of rope - count right foot only
  (NOTE: Steps don’t have to be without error)

**CHILDREN RECORD SCORES EACH WEEK IN PASSPORT.**

## EQUIPMENT
- 12 x 3m ropes  
- 6 x 3.5 m ropes  
- 4 x 4m ropes  
- 6 speed balls  
- stopwatch

## LESSON PLAN 4

<table>
<thead>
<tr>
<th>Single Rope (10 mins)</th>
<th>Partner (10 mins)</th>
<th>Long Rope (10 mins)</th>
<th>Double Dutch (10 mins)</th>
<th>Routine (5 mins)</th>
</tr>
</thead>
</table>
| **Review**            | 1 rope 1 jumper both turning  
- Posture/Technique  
- forward straddle  
- fake pushup  
- one foot bounce  
- Boxer  
- The X  
| 1 rope/2 in 1 rope both turning and jumping  
| 1 rope 1 jumper both turning  
| Posture/Technique  
| **New Skills**            | traveller  
- Double under  
- Single sideswing  
- Double sideswing  
- Sideswing x  
- Cross over  
| Single rope skills with a partner  
| Choose 4  
| Skills learnt from last couple of weeks inside the long rope  
| **Extension**            | Attempting new Level 1 skills learnt from this week turners doing the same foot pattern as the jumper. Ask children to put together a routine  
| Attempt Level 1 Skills with their single rope in the Long rope double bounce  
| **SHARING TIME (2 minutes)** | Try bell skier and side straddle inside the ropes  
| **COOL DOWN (5 minutes)** | Attempt Routine In Backwards |
| **COOL DOWN (5 minutes)** | **Static Stretches** |
| **EQUIPMENT** | **See ARSA Coaching Manual** |

## Australian Rope Skipping Association

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Edited by Jan Somers.  
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WEBSITE: www.arsa.org.au
### LESSON PLAN 5

**WARM UP (10 minutes)**

**A. Dynamic Movement: in lines**
1. 30secs of running on the spot
2. 30 secs 1 2 3 4 tuck jump or double unders
3. 30 secs of jumping with two feet together
4. clap game revising or introducing new skills

**B. Static Stretches**

**C. 4 stations each 1 min**
1. turning double dutch ropes
2. side swinging
3. speed balls
4. fast running on the spot

**Review**
- Double under
- Single sideswing
- Double sideswing
- Sideswing x
- Cross over

**New Skills**
- Routine: All 8 skills of Level 1 routine
- Twins
- 2 turners with a rope inside the long rope
- Remembering to rotate all turners and jumpers
- Rear exchange
- Side exchange
- Try bell, skier, and side straddle inside the ropes

**Extension**
- Twins should attempt to:
  - Try level one skills together
  - Move from double bounce to single bounce
  - Try a double under
- Attempt Level 1 Skills with their single rope in the Long rope double bounce
- Work on own combinations

<table>
<thead>
<tr>
<th>Single Rope (10 mins)</th>
<th>Partner (10 mins)</th>
<th>Long Rope (10 mins)</th>
<th>Double Dutch (10 mins)</th>
<th>Routine (5 mins)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Review</td>
<td>1 rope 1 jumper both turning</td>
<td>Single Rope Inside a Long Rope</td>
<td>Posture</td>
<td>Any children having trouble with routine to go back and concentrate on the start of routine</td>
</tr>
<tr>
<td></td>
<td>1 rope/2 in 1 rope both turning and jumping traveller</td>
<td></td>
<td>Technique</td>
<td></td>
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<td></td>
<td></td>
<td></td>
<td>How many jumps can be done before exiting</td>
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<tr>
<td></td>
<td></td>
<td></td>
<td>Attempt the jogging step</td>
<td></td>
</tr>
<tr>
<td>New Skills</td>
<td>Twins</td>
<td>2 turners with a rope inside the long rope</td>
<td>Rear exchange</td>
<td>Repeat the session from start of lesson</td>
</tr>
<tr>
<td>Routine: All 8 skills of Level 1 routine</td>
<td></td>
<td>Remembering to rotate all turners and jumpers</td>
<td>Side exchange</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Try bell, skier, and side straddle inside the ropes</td>
<td></td>
</tr>
<tr>
<td>Extension</td>
<td>Twins should attempt to:</td>
<td>Attempt Level 1 Skills with their single rope in the Long rope double bounce</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Do it in Backwards</td>
<td>Try level one skills together</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Without errors for 20 seconds</td>
<td>Move from double bounce to single bounce</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>No jumps in between</td>
<td>Try a double under</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Making own combinations</td>
<td>Checklist passport skills.</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>SHARING TIME (2 minutes)</td>
<td>Children in the group are encouraged to display something they have learnt or created themselves. Each week choose different children to display.</td>
<td></td>
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</tr>
</tbody>
</table>

**COOL DOWN (5 minutes)**

- Static Stretches
- See ARSA Coaching Manual

**SPEED**
- Time 30 secs: children jog inside of rope - count right foot only
- Time 30 secs: children double unders in that time
- Time 1 min: children jog inside of rope - count right foot only
  (NOTE: Steps don’t have to be without error)

**CHILDREN RECORD SCORES EACH WEEK IN PASSPORT.**

---

**EQUIPMENT**

- ★ 12 x 3m ropes
- ★ 6 x 3.5 m ropes
- ★ 4 x 4m ropes
- ★ 6 speed balls
- ★ stopwatch
LESSON PLAN 6

WARM UP (10 minutes)
A. Dynamic Movement: in lines
   1. 30 secs of running on the spot
   2. 30 secs 1 2 3 4 tuck jump or double unders
   3. 30 secs of jumping with two feet together
   4. clap game revising or introducing new skills
B. Static Stretches
C. 4 stations each 1 min
   1. turning double dutch ropes  2. side swinging
   3. speed balls  4. fast running on the spot

SPEED:
Time 30 secs: children jog inside of rope - count right foot only
Time 30 secs: children double unders in that time
Time 1 min: children jog inside of rope - count right foot only
(NOTE: Steps don’t have to be without error)

CHILDREN RECORD SCORES EACH WEEK IN PASSPORT.

<table>
<thead>
<tr>
<th>Single Rope (10 mins)</th>
<th>Partner (10 mins)</th>
<th>Long Rope (10 mins)</th>
<th>Double Dutch (10 mins)</th>
<th>Routine (5 mins)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Review</td>
<td>Traveller</td>
<td>Single Rope Inside a Long Rope 2 turners with a rope jumping inside the long rope</td>
<td>Posture Technique How many jumps can be done before exiting Attempt the jogging step outside ropes</td>
<td>1st 8 skills of the routine</td>
</tr>
<tr>
<td>New Skills</td>
<td>Triplets</td>
<td>Rainbow</td>
<td>Encourage children to enter with their right foot staying on time with the ropes</td>
<td>Work on own combinations</td>
</tr>
<tr>
<td>Can can</td>
<td>Try bell skier and side straddle at the same time as jumping make sure everyone is rotated</td>
<td></td>
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</tr>
<tr>
<td>Frog can</td>
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</tr>
<tr>
<td>Extension</td>
<td>4 slow jumps into 4 fast jumps Jogging steps 4 fast jumps to a double under Make a small routine</td>
<td>How many jumps can be done</td>
<td>Attempt Routine In Backwards</td>
<td></td>
</tr>
<tr>
<td>Do it in Backwards</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Without errors for 20 seconds</td>
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<tr>
<td>No jumps in between</td>
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<tr>
<td>Making own combinations</td>
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<tr>
<td>Checklist passport skills</td>
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<tr>
<td>SHARING TIME (2 minutes)</td>
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<td>Children in the group are encouraged to display something they have learnt or created themselves. Each week choose different children to display.</td>
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</tr>
<tr>
<td>COOL DOWN (5 minutes)</td>
<td>Static Stretches</td>
<td>See ARSA Coaching Manual</td>
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</tr>
</tbody>
</table>

EQUIPMENT
★ 12 x 3m ropes
★ 6 x 3.5 m ropes
★ 4 x 4m ropes
★ 6 speed balls
★ stopwatch

WEBSITE: www.arsa.org.au
**LESSON PLAN 7**

### WARM UP (10 minutes)

**A. Dynamic Movement: in lines**
- 1. 30secs of running on the spot
- 2. 30 secs 1 2 3 4 tuck jump or double unders
- 3. 30 secs of jumping with two feet together
- 4. clap game revising or introducing new skills

**B. Static Stretches**

**C. 4 stations each 1 min**
- 1. turning double dutch ropes
- 2. side swinging
- 3. speed balls
- 4. fast running on the spot

### SPEED:
- Time 30 secs: children jog inside of rope - count right foot only
- Time 30 secs: children double unders in that time
- Time 1 min: children jog inside of rope - count right foot only

(Note: Steps don’t have to be without error)

**CHILDREN RECORD SCORES EACH WEEK IN PASSPORT.**

### EQUIPMENT
- ★ 12 x 3m ropes
- ★ 6 x 3.5 m ropes
- ★ 4 x 4m ropes
- ★ 6 speed balls
- ★ stopwatch

<table>
<thead>
<tr>
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<th>Partner (10 mins)</th>
<th>Long Rope (10 mins)</th>
<th>Double Dutch (10 mins)</th>
<th>Routine (5 mins)</th>
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</thead>
<tbody>
<tr>
<td>Review</td>
<td></td>
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</tr>
<tr>
<td>Frog can can</td>
<td>triplets</td>
<td>Rainbow</td>
<td>Turning</td>
<td>All 8 skills of the routine</td>
</tr>
<tr>
<td>Can can</td>
<td></td>
<td></td>
<td>Side exchange</td>
<td></td>
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<tr>
<td></td>
<td></td>
<td></td>
<td>Rear exchange</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td>Jogging inside the ropes</td>
<td></td>
</tr>
<tr>
<td>New Skills</td>
<td></td>
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<tr>
<td>Out x out kick</td>
<td>Pre chinese wheel</td>
<td></td>
<td>Entering through the legs</td>
<td></td>
</tr>
<tr>
<td>Irish fling</td>
<td>In groups of</td>
<td></td>
<td>Basic jumping inside double dutch</td>
<td></td>
</tr>
<tr>
<td>Fling</td>
<td>3 have people try</td>
<td></td>
<td>Single rope double dutch</td>
<td></td>
</tr>
<tr>
<td>Shuffle step</td>
<td>it. Then choose one set and have children jump in the alternating ropes and or run through the ropes</td>
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</tr>
<tr>
<td>Extension</td>
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<td></td>
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</tr>
<tr>
<td>Do it in Backwards</td>
<td>Bell skier and side straddle</td>
<td>Can children move from one rope to another on the count of ready set go?</td>
<td></td>
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<tr>
<td>Without errors for 20 seconds</td>
<td></td>
<td>Don’t forget to instruct them in which direction they should be moving.</td>
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</tr>
<tr>
<td>No jumps in between</td>
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<td></td>
</tr>
<tr>
<td>Making own combinations</td>
<td>CHECKLISTING PASSPORT SKILLS.</td>
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</tr>
<tr>
<td>SHARING TIME (2 minutes)</td>
<td></td>
<td></td>
<td></td>
<td>COOL DOWN (5 minutes)</td>
</tr>
<tr>
<td>Children in the group are encouraged to display something they have learnt or created themselves. Each week choose different children to display.</td>
<td></td>
<td></td>
<td>Static Stretches See ARSA Coaching Manual</td>
<td></td>
</tr>
</tbody>
</table>
**LESSON PLAN 8**

**WARM UP (10 minutes)**

**A. Dynamic Movement: in lines**
1. 30 secs of running on the spot
2. 30 secs 1 2 3 4 tuck jump or double unders
3. 30 secs of jumping with two feet together
4. clap game revising or introducing new skills

**B. Static Stretches**

**C. 4 stations each 1 min**
1. turning double dutch ropes  
2. side swinging  
3. speed balls  
4. fast running on the spot

**SPEED :**

Time 30 secs: children jog inside of rope - count right foot only
Time 30 secs: children double unders in that time
Time 1 min: children jog inside of rope - count right foot only
(NOTE: Steps don’t have to be without error)

**CHILDREN RECORD SCORES EACH WEEK IN PASSPORT.**

---

<table>
<thead>
<tr>
<th>Single Rope (10 mins)</th>
<th>Partner (10 mins)</th>
<th>Long Rope (10 mins)</th>
<th>Double Dutch (10 mins)</th>
<th>Routine (5 mins)</th>
</tr>
</thead>
</table>
| **Review**  
Out x out kick  
Irish fling  
Fling  
shuffle step | Pre Chinese Wheel | Triangle have 3 people jump in to do bell skier and side straddle | Entering through the legs  
Basic jumping inside double dutch  
Side exchange  
Rear exchange | Practising all 8 skills of the routine |
| **New Skills**  
Wallow  
Rocker  
Cossack  
Spread eagle | **Interlocker Part 1** kids all jumping at the same time.  
Divide the class into groups of 4 if there are some left out they can partner up until you rotate | **Triangle** with 3 people trying single rope inside each of the long ropes | **Exiting** through the legs  
**Entering** through the legs then 4 jumps lift the ropes out and person exits through the opposite turners legs | Make your own combinations that could be performed as a solo. |
| **Extension**  
Do it in Backwards  
Without errors for 20 seconds  
No jumps in between  
Making own combinations  
CHECKLISTING PASSPORT SKILLS | Attempt level 1 skills: bell skier and side straddle | Attempt level 1 skills inside the ropes with their single ropes. Can the children go from 4 slow jumps to 4 fast jumps inside the long rope which will stay at a double bounce count. | Working in partners or as individuals practise more difficult skills learnt. |

**SHARING TIME (2 minutes)**
Children in the group are encouraged to display something they have learnt or created themselves. Each week choose different children to display.

<table>
<thead>
<tr>
<th>COOL DOWN (5 minutes)</th>
</tr>
</thead>
</table>
| Static Stretches  
See ARSA Coaching Manual |
# LESSON PLAN 9

## WARM UP (10 minutes)

### A. Dynamic Movement: in lines
- 30secs of running on the spot
- 30 secs 1 2 3 4 tuck jump or double unders
- 30 secs of jumping with two feet together
- clap game revising or introducing new skills

### B. Static Stretches

### C. 4 stations each 1 min
- turning double dutch ropes
- side swinging
- speed balls
- fast running on the spot

## EQUIPMENT
- 12 x 3m ropes
- 6 x 3.5 m ropes
- 4 x 4m ropes
- 6 speed balls
- stopwatch

## NEW SKILLS
- 90 degree turn
- 180 degree turn to back
- 180 degree turn to front
- Full twist
- 360 degree turn

### Interlocker Part 2
- After practising interlocker Part 1, children are now ready to try skipping at alternate times.
- Have 1 child run through and do one jump before exiting. Make sure children enter where both ropes are coming towards them. Make sure all turners and jumpers rotate.

### Extension
- Do it in Backwards
- Without errors for 20 seconds
- No jumps in between
- Making own combinations

### CHECKLISTING PASSPORT SKILLS
- Which group can do the most alternate skips without a mistake or falling into the pattern of skipping at the same time
- Attempt level 1 skills inside the ropes. eg. bell skier etc.

## REVIEW
- Wallow
- Rocker
- Cossack
- Spread eagle

## DOUBLE DUTCH (10 mins)
- entering and exiting through the turner’s legs.

## ROUTINE (5 mins)
- As a class practise the routine

## SPEED:
- Time 30 secs: children jog inside of rope - count right foot only
- Time 30 secs: children double unders in that time
- Time 1 min: children jog inside of rope - count right foot only

(CREDIT: Steps don’t have to be without error)

## CHILDREN RECORD SCORES
Each week in passport.

## SINGLE ROPE (10 mins)

## PARTNER (10 mins)

## LONG ROPE (10 mins)

## SHAREING TIME (2 minutes)
- Children in the group are encouraged to display something they have learnt or created themselves. Each week choose different children to display.

## COOL DOWN (5 minutes)
- Static Stretches
- See ARSA Coaching Manual
## LESSON PLAN 10

### WARM UP (10 minutes)

**A. Dynamic Movement: in lines**
1. 30secs of running on the spot
2. 30 secs 1 2 3 4 tuck jump or double unders
3. 30 secs of jumping with two feet together
4. clap game revising or introducing new skills

**B. Static Stretches**

**C. 4 stations each 1 min**
1. turning double dutch ropes  
   2. side swinging
2. speed balls  
   3. fast running on the spot

### SPEED:

- Time 30 secs: children jog inside of rope - count right foot only
- Time 30 secs: children double unders in that time
- Time 1 min: children jog inside of rope - count right foot only

(NOTE: Steps don’t have to be without error)

### CHILDREN RECORD SCORES

**EQUIPMENT**

- 12 x 3m ropes
- 6 x 3.5 m ropes
- 4 x 4m ropes
- 6 speed balls
- stopwatch

<table>
<thead>
<tr>
<th>Single Rope (10 mins)</th>
<th>Partner (10 mins)</th>
<th>Long Rope (10 mins)</th>
<th>Double Dutch (10 mins)</th>
<th>Routine (5 mins)</th>
</tr>
</thead>
<tbody>
<tr>
<td>Review</td>
<td>Interlocker Part 1</td>
<td>Eggbeater</td>
<td>Entering and exiting through the turner’s legs.</td>
<td>Whole class to review routine.</td>
</tr>
<tr>
<td>90 degree turn</td>
<td>Interlocker Part 2</td>
<td>Have 1 eggbeater child run through and do one jump before exiting.</td>
<td>Figure of 8 with 5 jumps before exiting on the diagonal</td>
<td></td>
</tr>
<tr>
<td>180 degree turn to back</td>
<td>After practising interlocker part 1 children are now ready to try skipping at alternate times</td>
<td>Make sure children enter where both ropes are coming towards them. Make sure all turners and jumpers rotate.</td>
<td></td>
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</tr>
<tr>
<td>180 degree turn to front</td>
<td>Full twist</td>
<td>360 degree turn</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Full twist</td>
<td>360 degree turn</td>
<td></td>
<td></td>
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</tr>
<tr>
<td>New Skills</td>
<td>Interlocker part 2: Which group can do the most alternate skips without a mistake or falling into the pattern of skipping at the same time</td>
<td>Eggbeater with single rope inside the long rope. The child runs in holding single rope up starts jumping in the centre. Then attempts to start skipping with single rope inside.</td>
<td>Figure of 8 with 3 jumps then to 1 jump</td>
<td>Practising a routine with a partner matched according to knowledge and ability.</td>
</tr>
<tr>
<td>Children pair up and make up a routine with 5 of their favourite tricks to show to group</td>
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<tr>
<td>Extension</td>
<td>Attempt level 1 skills inside the eggbeater. eg. bell skier etc.</td>
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<td></td>
<td>Children who have mastered routine to start working on a solo routine with 5 of their favourite tricks.</td>
</tr>
<tr>
<td>Do it in Backwards</td>
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<tr>
<td>Without errors for 20secs</td>
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<tr>
<td>No jumps in between</td>
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<tr>
<td>Making own combinations</td>
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<tr>
<td>Checklist passport skills</td>
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</tbody>
</table>

### SHARING TIME (2 minutes)

Children in the group are encouraged to display something they have learnt or created themselves. Each week choose different children to display.

### COOL DOWN (5 minutes)

**Static Stretches**

See ARSA Coaching Manual

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**Australian Rope Skipping Association**

**Coaching Manual Level 1**

**LESSON PLANS 1 to 10**

**WEBSITE: www.arsa.org.au**
### SINGLE ROPE SKILLS

<table>
<thead>
<tr>
<th>Skill</th>
<th>Tick</th>
<th>Skill</th>
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<th>Skill</th>
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</tr>
</thead>
<tbody>
<tr>
<td>Basic Slow Double Bounce</td>
<td></td>
<td>Peekaboo</td>
<td></td>
<td>The Boxer</td>
<td></td>
<td>Wallow</td>
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<td>The X</td>
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<tr>
<td>Basic Fast Single Bounce</td>
<td></td>
<td>Skier</td>
<td></td>
<td>Side Straddle</td>
<td></td>
<td>Bell</td>
<td></td>
<td>Rocker</td>
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<tr>
<td>Backward Jumping</td>
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<td>Twister</td>
<td></td>
<td>Jogging Step</td>
<td></td>
<td>WW Kick</td>
<td></td>
<td>Pollywog</td>
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<tr>
<td>One Foot Bounce</td>
<td></td>
<td>Forward Straddle</td>
<td></td>
<td>Squat Thrust (Fake Pushup)</td>
<td></td>
<td>Shuffle Step</td>
<td></td>
<td>Single Side Swing</td>
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</tbody>
</table>
**SINGLE ROPE SKILLS**

<table>
<thead>
<tr>
<th>Skill</th>
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<tbody>
<tr>
<td>Single Side Swing</td>
<td></td>
<td>Cross</td>
<td></td>
<td>Heel to Toe</td>
<td></td>
<td>Out Cross Out Kick</td>
<td></td>
<td>Irish Fling</td>
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<td>Double Side Swing</td>
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<tr>
<td>Double Under</td>
<td></td>
<td>Toe to Toe</td>
<td></td>
<td>Fling</td>
<td></td>
<td>Can Can</td>
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<td>Cross Over</td>
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<tr>
<td>Heel to Heel</td>
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<td>Up Cross Up Down</td>
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<td>Spread Eagle</td>
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<td>Frog Can Can</td>
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<td>The Cossack</td>
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<tr>
<td>90 Degree Turn</td>
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<td>180 Turn Front to Back</td>
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<td>180 Turn Back to Front</td>
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<td>360 Full Turn 180 to 180</td>
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Level 1 Speed Goals

Record your scores each week at class or while practicing at home.

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<thead>
<tr>
<th>Week</th>
<th>30 sec speed</th>
<th>30 sec double unders</th>
<th>1 min speed</th>
<th>Long Double Unders</th>
<th>DD 60 sec speed</th>
<th>DD 40 sec speed</th>
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### DOUBLE DUTCH SKILLS

<table>
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<th>Skill</th>
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<th>Skill</th>
<th>Tick</th>
<th>Skill</th>
<th>Tick</th>
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</thead>
<tbody>
<tr>
<td>Turning</td>
<td></td>
<td>Jumping</td>
<td></td>
<td>Single Rope inside Double Dutch</td>
<td></td>
</tr>
<tr>
<td>Side Turning</td>
<td></td>
<td>Entering</td>
<td></td>
<td>Exiting</td>
<td></td>
</tr>
<tr>
<td>Rear Turning</td>
<td></td>
<td>Enter through Legs</td>
<td></td>
<td>Figure of 8</td>
<td></td>
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</table>
### PARTNER SKILLS

<table>
<thead>
<tr>
<th>Skill</th>
<th>Tick</th>
</tr>
</thead>
<tbody>
<tr>
<td>1 Rope 1 Jumper Both Turning</td>
<td></td>
</tr>
<tr>
<td>2 in 1 rope Both Turning Both Jumping</td>
<td></td>
</tr>
<tr>
<td>2 in 1 Rope, 1 Turning, Both Jumping</td>
<td></td>
</tr>
<tr>
<td>Piggy in the Middle Figure of 8</td>
<td></td>
</tr>
<tr>
<td>Twins</td>
<td></td>
</tr>
<tr>
<td>2 in 1 rope, One Turning Around the World</td>
<td></td>
</tr>
<tr>
<td>Piggy in the Middle 1 Rope 2 Turners 1 Jumper</td>
<td></td>
</tr>
<tr>
<td>Triplets</td>
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<tr>
<td>Traveller</td>
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</table>
# LONG ROPE SKILLS

<table>
<thead>
<tr>
<th>Skill</th>
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</thead>
<tbody>
<tr>
<td>Turning</td>
<td></td>
<td>Rainbow</td>
<td></td>
<td>Long Rope Relays</td>
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</tr>
<tr>
<td>Entering the Long Rope</td>
<td></td>
<td>Triangle</td>
<td></td>
<td>Eggbeater</td>
<td></td>
</tr>
<tr>
<td>Exiting the Long Rope</td>
<td></td>
<td>Interlocker</td>
<td></td>
<td>Figure of 8</td>
<td></td>
</tr>
</tbody>
</table>

![Illustrations of Long Rope Skills](attachment:long_rope_skills.png)
Toad

Caboose Cross

Inverse

Partners

Push up

Crouger

Elephant

Pop up

AS

CL

EB

EB Toad