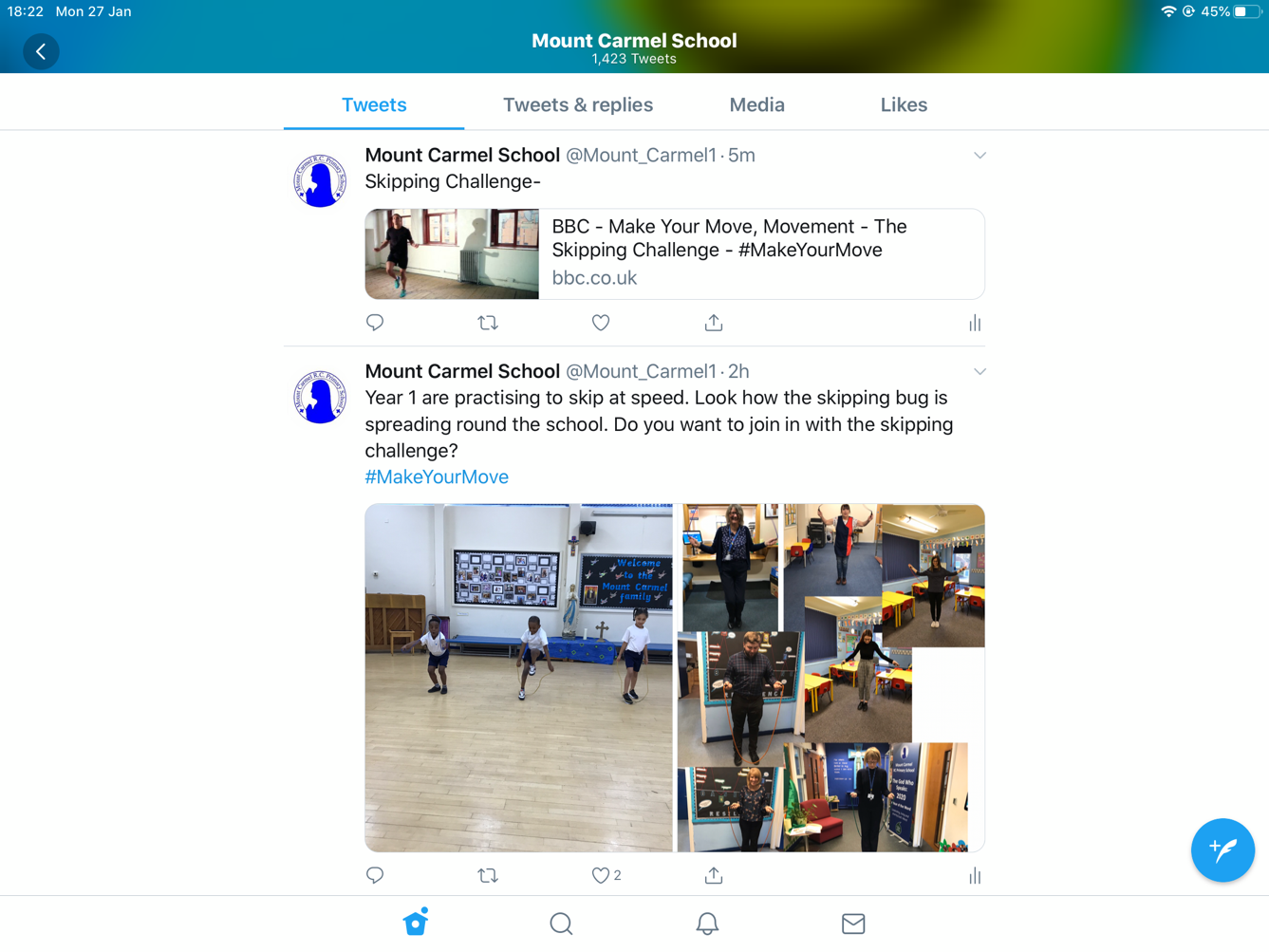
Skipping

Mount Carmel is skipping to keep fit.

How many skips can you do in 2 minutes? Can you improve on your skipping score?



Skipping Tips & Websites

* Different skipping techniques- two feet/ one foot to the other (the boxer skip puts less pressure on the knees)
* Length of the rope- just under your armpits
* Footwear- pumps or trainers
* NHS general advice on how to skip and activity ideas to help your child with skipping-https://www.nhsggc.org.uk/kids/resources/ot-activityinformation-sheets/skipping/
* Game to teach your child how to skip- https://activeforlife.com/skipping/
* More skipping games and rhymes- https://www.theamazingjumprope.com/why-every-kid-must-have-a-jump-rope/
* Jump Rope Instruction App- basics to increasingly difficult skill levels- Key Stage 2 http://skippingskills.com/#firstSection

The ‘Climb the Heights’ Skipping Challenge

Climb the highest peaks in Europe #BeActive. Climb a mountain over a few days or skip to the top in a day. Get to the top with the help of your family. How many mountains can your family climb? Let us know on the @Mount\_Carmel1 twitter page and #BeActive.



