



Locomotion: Skipping

Equipment:

Cones x 2.

Set-up:

Place the cones 8 paces from each other.

Description:

The idea behind skipping is technique not speed.

Instructions:

Students must skip, incorporating their arms into each skip. Each arm swing will be done with the opposite leg.

Scoring:

Coach will judge students on technique of skipping and will award the student with the best technique a 3, the runner-up a 4, and all others in the group score a 5.

