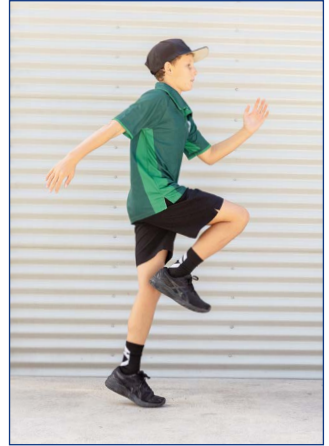
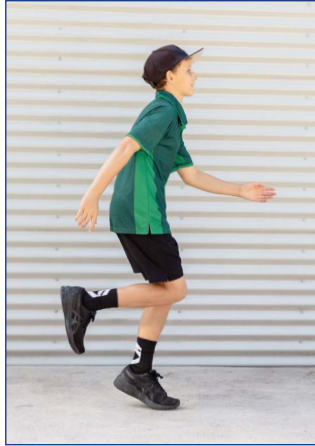


Skip



Skill components

(Introductory components marked in **bold**)

1. **Shows a rhythmical step-hop.**
2. Lands on ball of the foot.
3. Knee of support leg bends to prepare for hop.
4. **Head and upper body stable, eyes focused forward.**
5. **Arms relaxed and swing in opposition to legs.**

Teaching cues

- Use light springing steps.
- Look straight ahead.
- Step-hop, step-hop, step-hop.
- Step forward and hop up landing on the front (ball) of your foot.
- Make sure your body faces to the front.

Common errors

- Unable to step-hop using alternate legs.
- Arms not coordinated with legs.
- Lack of rhythm.
- Stiff legs on landing.

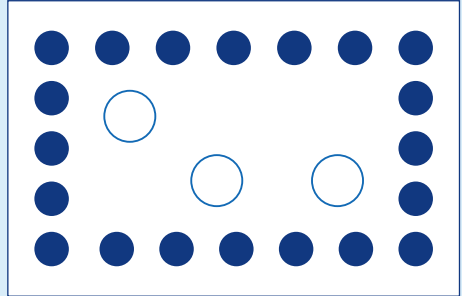


Game: Shark tag



Set-up

- Set up an appropriately sized playing area marked out by markers.
- Scatter 3 to 5 hoops throughout the playing area.



Equipment

- Cones or markers
- Hoops
- Beanbags

How to play

1. Three students are 'sharks' who each hold a beanbag.
2. The other students are the 'fish'. They move around the playing area by skipping.
3. The sharks try to tag the fish with their beanbags.
4. Fish can jump into hoops to be safe. There can only be one fish in a hoop at a time. Fish can only be in a hoop for 3 seconds.
5. Fish that are tagged can skip around the outside of the playing area to re-join the game.
6. After a certain time playing, choose new sharks and continue playing.

Variations

Make it easier

- Have fewer sharks or the teacher is the only shark.
- Add more hoops.

Make it harder

- Use fewer hoops.
- Have more sharks.
- Change the type of movement around the playing area such as side gallop or jumping.