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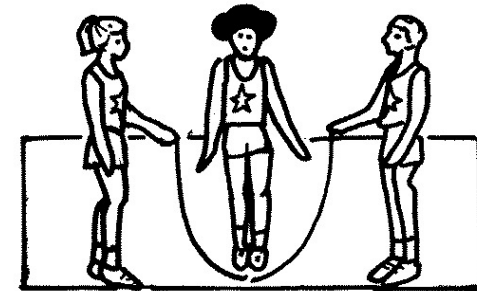
LEVEL 1 PARTNER SKILLS

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PARTNER SKILLS – LEVEL 1

How to be a STAR Skipper with Partner Skills

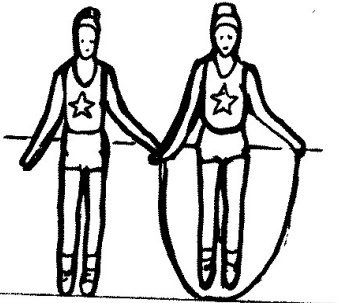
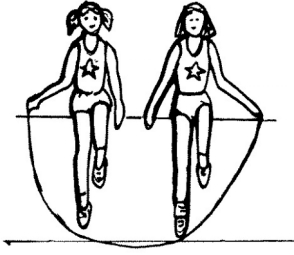
- ★ Skills should always be practiced by turning first - followed by jumping.
- ★ Always focus on mastering your count to keep all skippers in time.
- ★ Encourage the skippers to master their counting for all partner skills.
- ★ Check length of rope is long enough for 2 and/or more skippers –
- ★ note 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

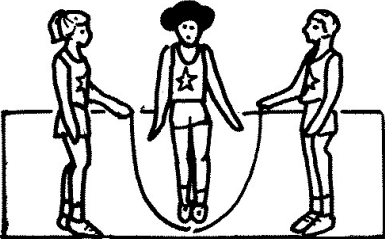
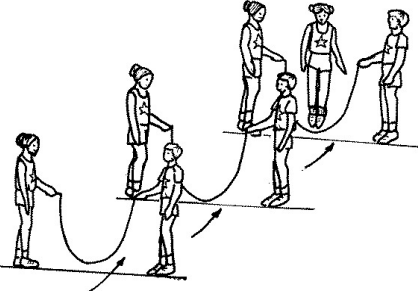


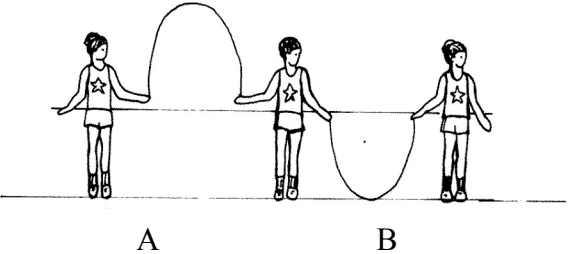
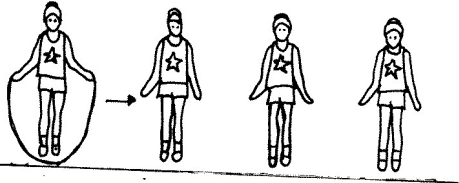


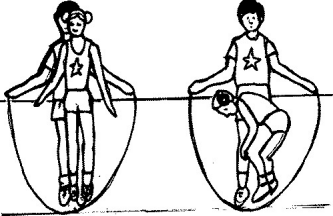
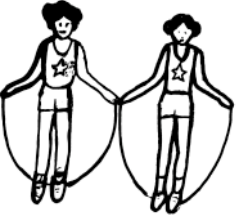
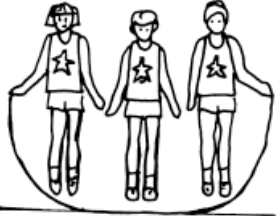
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**LEVEL 1
PARTNER SKILLS**

Partner Skills	Description	Activity
<p>1 Rope 1 Jumper Both Turning</p> 	<ul style="list-style-type: none"> ★ 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. 	<p>Challenge 1 Practice basic level 1 skills eg straddle, full turn, jogging in a double bounce</p> <p>Challenge 2 Practice basic level 1 skills eg straddle, full turn, jogging in a single bounce</p> <p>Challenge 3 Four jumps of one skipper into 4 jumps of the other skipper</p> <p>Challenge 4 Try alternating one jumper at a time</p>
<p>1 rope Both Turning Both Jumping</p> 	<ul style="list-style-type: none"> ★ Skippers A & 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 	<p>Challenge 1 Practice basic level 1 skills eg straddle, full turn, jogging in a double bounce</p> <p>Challenge 2 Practice basic level 1 skills eg straddle, full turn, jogging in a single bounce</p> <p>Challenge 3 Attempt 4 fast skips and 1 Double Under</p> <p>Challenge 4 Make up your own routine</p>

Partner Skills	Description	Activity
<p>Piggy in the Middle 1 Rope 2 Turners 1 Jumper</p> 	<ul style="list-style-type: none"> ★ 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 <p>every child should attempt all 3 positions</p>	<p>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”</p> <p>Challenge 2 Each jumper has a go at trying basic skills within the rope</p> <p>Challenge 3 Jumpers and turners attempt a Level 1 skill at the same time together</p>
<p>Piggy in the Middle Figure of Eight</p> 	<ul style="list-style-type: none"> ★ 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. 	<p>Challenge 1</p> <ul style="list-style-type: none"> ★ try your skippers entering through the middle of the rope and continue moving through in a relay fashion

Partner Skills	Description	Activity
<p style="text-align: center;">Pre Chinese Wheel</p>  <p style="text-align: center;">A B C</p>	<ul style="list-style-type: none"> ★ 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. <p>An effective count to apply is "Ready Set Go" – "1 turn for AB], 2 [turn for BC]"</p>	<p>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</p> <p>Challenge 2. ABC turning while other members line up to skip through the alternate ropes.</p>
<p style="text-align: center;">Traveller</p> 	<ul style="list-style-type: none"> ★ 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" 	<p>Challenges:</p> <ol style="list-style-type: none"> 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.

Partner Skills	Description	Activity
<p>2 in 1 Rope</p> 	<ul style="list-style-type: none"> ★ Skipper A turns the rope while Skipper B jumps inside the rope ★ Skipper A needs to check: <ol style="list-style-type: none"> (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. 	<p>Challenges</p> <ol style="list-style-type: none"> 1. Around the world – skipper B stays in close and in time 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
<p>Twins</p> 	<ul style="list-style-type: none"> ★ 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. 	<p>Challenges:</p> <ol style="list-style-type: none"> 1. A&B should attempt to co-ordinate a mini routine consisting of basic level 1 skills eg full turns, straddles, jogging steps.
<p>Triplets</p>  <p>A C B</p>	<ul style="list-style-type: none"> ★ 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 	<p>Challenges:</p> <ol style="list-style-type: none"> 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.