



# LESSON PLAN 1

- 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. 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.**

| Single Rope (10 mins)   | Partner (10 mins)  | Long Rope (10 mins)  | Double Dutch (10 mins)  | Routine (5 mins)                  |
|---|--|--|---|-----------------------------------|
| Discuss elements:<br>Basic jumping<br>Posture<br>Technique  | Posture<br>Technique<br>Attempting skill outside rope<br>Practising count<br>Double bounce   | Posture<br>Technique<br>Attempting skill outside rope<br>Practising count<br>Double bounce   | Posture<br>Technique<br>Attempting skill outside rope<br>Practising count       |                                   |
| <b>New Skills</b><br>Double Bounce<br>Single Bounce<br>Bell<br>Skier<br>Side Straddle                                     | 1 rope/1 jumper both turning<br>2 in 1 rope both turning and jumping   | Turning play Evie Ivie Over<br>1 <sup>st</sup> without jumping<br>Teach basic entrance and exit again<br>without ropes and learning the count<br>Rotate all turners an jumpers<br>Once mastered try with jumpers and turners | Stop Swap Drop<br>For turners and jumpers no skipping<br>1 <sup>st</sup> lesson | First 3 skills of Level 1 routine |
| <b>Extension</b><br>Do it in Backwards<br>Without errors for 20 seconds<br>No jumps in between<br>Making own combinations | Try with basic level 1 skills like bell skier, side straddle<br>4 double bounces to 4 single bounces<br>Alternating with 4 jumps each turner | Try the level 1 skills learnt in previous activities inside  |   | Attempt Routine In Backwards      |

**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**

**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. 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.**

| Single Rope (10 mins)   | Partner (10 mins)   | Long Rope (10 mins)  | Double Dutch (10 mins)  | Routine (5 mins)  |
|---|---|--|---|---|
| <b>Review</b><br>Basic jumping<br>Posture<br>Technique  | 1 rope 1 jumper both turning<br>1 rope/2 in 1 rope both turning<br>and jumping  | 1 rope 1 jumper both turning<br>Evie ivie over<br>Entrances and exits  | Posture<br>Technique<br>Attempting skill outside rope<br>practising count       | First 3 skills of Level 1<br>routine                      |
| <b>New Skills</b><br>twister<br>forward straddle<br>fake pushup<br>one foot bounce  | Piggy in middle<br>Stop swap drop make sure<br>everyone has a go at jumping<br>and turning<br>Practising basic skills learnt<br>from previous week          | Put together a routine of skills learnt<br>from last week and this week<br>Rotate all turners and jumpers<br>Once mastered try with jumpers and<br>turners | Stop Swap Drop<br>For turners and jumpers no skipping<br>1 <sup>st</sup> lesson | Practise 1 <sup>st</sup> 3 skills without<br>any mistakes |
| <b>Extension</b><br>Do it in Backwards<br>Without errors for 20 seconds<br>No jumps in between<br>Making own combinations | Attempting new Level 1 skills<br>learnt from this week turners<br>doing the same foot pattern as<br>the jumper<br>Ask children to put together a<br>routine | Try the level 1 skills learnt in<br>previous activities inside the long<br>rope  |   | Attempt Routine<br>In Backwards                           |

**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 3

- 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. 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.**

| Single Rope (10 mins)   | Partner (10 mins)   | Long Rope (10 mins)   | Double Dutch (10 mins)   | Routine (5 mins)                     |
|---|---|---|--|--------------------------------------|
| <b>Review</b><br>Basic jumping<br>Posture/Technique<br>twister<br>forward straddle<br>fake pushup<br>one foot bounce                                    | 1 rope 1 jumper both turning<br>1 rope/2 in 1 rope both turning<br>and jumping<br>Piggy in middle   | 1 rope 1 jumper both turning<br>Evie ivie over<br>Entrances and exits<br>a routine of skills learnt from last<br>week and this week | Posture<br>Technique<br>Attempting skill outside rope<br>practising count<br>Stop Swap Drop<br>For turners and jumpers no skipping<br>1 <sup>st</sup> lesson | First 3 skills of Level 1<br>routine |
| <b>New Skills</b><br>Peekaboo<br>The Boxer<br>Jogging step<br>The X   | Piggy in the middle relay   | Long Rope Figure of 8<br>Remembering to rotate all turners<br>and jumpers   | Entering and exiting<br>Practising firstly without the ropes<br>reinforcing entering on the diagonal<br>and  | Next 2 skills of the routine         |
| <b>Extension</b><br>Do it in Backwards<br>Without errors for 20 seconds<br>No jumps in between<br>Making own combinations<br>Checklist passport skills. | Attempting new Level 1 skills<br>learnt from this week turners<br>doing the same foot pattern as<br>the jumper<br>Ask children to put together a<br>routine | See Challenges associated with<br>Figure of 8 long rope   | How many jumps can be done<br>before exiting   | Attempt Routine<br>In Backwards      |

**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 4

- 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. 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.**

| Single Rope (10 mins)   | Partner (10 mins)   | Long Rope (10 mins)   | Double Dutch (10 mins)   | Routine (5 mins)                     |
|---|---|---|--|--------------------------------------|
| <b>Review</b><br>Posture/Technique<br>forward straddle<br>fake pushup<br>one foot bounce<br>Boxer<br>The X                                      | 1 rope 1 jumper both turning<br>1 rope/2 in 1 rope both turning<br>and jumping  | 1 rope 1 jumper both turning<br>Choose 4<br>Skills learnt from last couple of<br>weeks inside the long rope | Posture<br>Technique<br>Attempting skill outside rope<br>practising count<br>Stop Swap Drop<br>For turners and jumpers | First 5 skills of Level 1<br>routine |
| <b>New Skills</b><br>Double under<br>Single sideswing<br>Double sideswing<br>Sideswing x<br>Cross over  | traveller<br>revise single rope skills with a<br>partner  | Single Rope Inside a Long Rope<br>Remembering to rotate all turners<br>and jumpers                          | How many jumps can be done<br>before exiting<br>Attempt the jogging step   | Learn the next 3 skills              |
| <b>Extension</b><br>Do it backwards<br>Without errors for 20secs<br>No jumps in between<br>Making own combinations<br>Checklist passport skills | Attempting new Level 1 skills<br>learnt from this week turners<br>doing the same foot pattern as<br>the jumper. Ask children to put<br>together a routine | Attempt Level 1 Skills<br>with their single rope in the Long<br>rope double bounce                          | Try bell skier and side straddle<br>inside the ropes   | Attempt Routine<br>In Backwards      |

**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 5

- 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. 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.**

| Single Rope (10 mins)   | Partner (10 mins)   | Long Rope (10 mins)   | Double Dutch (10 mins)   | Routine (5 mins)   |
|---|---|---|--|--|
| <b>Review</b><br>Double under<br>Single sideswing<br>Double sideswing<br>Sideswing x<br>Cross over  | 1 rope 1 jumper both turning<br>1 rope/2 in 1 rope both turning<br>and jumping<br>traveller                                     | Single Rope Inside a Long Rope  | Posture<br>Technique<br>How many jumps can be done<br>before exiting<br>Attempt the jogging step | Any children having trouble<br>with routine to go back and<br>concentrate on the start of<br>routine |
| <b>New Skills</b><br>Routine: All 8 skills of Level 1<br>routine  | Twins   | 2 turners with a rope inside the long<br>rope<br>Remembering to rotate all turners<br>and jumpers | Rear exchange<br>Side exchange<br>Try bell, skier, and side straddle<br>inside the ropes         | Repeat the session from start<br>of lesson   |
| <b>Extension</b><br>Do it in Backwards<br>Without errors for 20 seconds<br>No jumps in between<br>Making own combinations<br>Checklist passport skills. | Twins should attempt to :<br>Try level one skills together<br>Move from double bounce to<br>single bounce<br>Try a double under | Attempt Level 1 Skills<br>with their single rope in the Long<br>rope double bounce                |  | Work on 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.

**COOL DOWN (5 minutes)**  
**Static Stretches**  
 See ARSA Coaching Manual



# LESSON PLAN 6

- 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. 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.**

| Single Rope (10 mins)  | Partner (10 mins)   | Long Rope (10 mins)  | Double Dutch (10 mins)  | Routine (5 mins)                        |
|--|---|--|---|---|
| <b>Review</b><br>All level one skills learnt to this point. Show the skill have the children tell you the name then do it themselves.                  | Traveller   | Single Rope Inside a Long Rope<br>2 turners with a rope jumping inside the long rope | Posture<br>Technique<br>How many jumps can be done before exiting<br>Attempt the jogging step outside ropes | 1 <sup>st</sup> 8 skills of the routine |
| <b>New Skills</b><br>Can can<br>Frog can can   | Triplets<br>Try bell skier and side straddle at the same time as jumping make sure everyone is rotated    | Rainbow  | Encourage children to enter with their right foot staying on time with the ropes                            | Work on own combinations                |
| <b>Extension</b><br>Do it in Backwards<br>Without errors for 20 seconds<br>No jumps in between<br>Making own combinations<br>Checklist passport skills | 4 slow jumps into 4 fast jumps<br>Jogging steps<br>4 fast jumps to a double under<br>Make a small routine | How many jumps can be done   |   | Attempt Routine<br>In Backwards         |

**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 7

- 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. 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.**

| Single Rope (10 mins)  | Partner (10 mins)   | Long Rope (10 mins)  | Double Dutch (10 mins)   | Routine (5 mins)  |
|--|---|--|--|---|
| <b>Review</b><br>Frog can can<br>Can can   | triplets  | Rainbow  | Turning<br>Side exchange<br>Rear exchange<br>Jogging inside the ropes                      | All 8 skills of the routine   |
| <b>New Skills</b><br>Out x out kick<br>Irish fling<br>Fling<br>Shuffle step  | Pre chinese wheel In groups of 3 have people try it. Then choose one set and have children jump in the alternating ropes and or run through the ropes | Triangle have 3 people jump in to do bell skier and side straddle  | Entering through the legs<br>Basic jumping inside double dutch<br>Single rope double dutch | Children should be practising 5 of their favourite skills learnt so far to potentially perform as a solo. |
| <b>Extension</b><br>Do it in Backwards<br>Without errors for 20 seconds<br>No jumps in between<br>Making own combinations<br>CHECKLISTING PASSPORT SKILLS. | Bell skier and side straddle  | Can children move from one rope to another on the count of ready set go? Don't forget to instruct them in which direction they should be moving. |  |   |

**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 8

- 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. 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.**

| Single Rope (10 mins)   | Partner (10 mins)   | Long Rope (10 mins)   | Double Dutch (10 mins)   | Routine (5 mins)   |
|---|---|---|--|--|
| <b>Review</b><br>Out x out kick<br>Irish fling<br>Fling<br>shuffle step   | Pre Chinese Wheel   | Triangle have 3 people jump in to do bell skier and side straddle   | Entering through the legs<br>Basic jumping inside double dutch<br>Side exchange<br>Rear exchange   | Practising all 8 skills of the routine                                       |
| <b>New Skills</b><br>Wallow<br>Rocker<br>Cossack<br>Spread eagle  | <b>Interlocker Part 1</b> kids all jumping at the same time.<br>Divide the class into groups of 4 if there are some left out they can partner up until you rotate | <b>Triangle</b> with 3 people trying single rope inside each of the long ropes  | <b>Exiting</b> through the legs<br><b>Entering</b> 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.                |
| <b>Extension</b><br>Do it in Backwards<br>Without errors for 20 seconds<br>No jumps in between<br>Making own combinations<br>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.

**COOL DOWN (5 minutes)**  
**Static Stretches**  
**See ARSA Coaching Manual**



# LESSON PLAN 9

- 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. 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.**

| Single Rope (10 mins)  | Partner (10 mins)  | Long Rope (10 mins)   | Double Dutch (10 mins)  | Routine (5 mins)   |
|--|--|---|---|--|
| <b>Review</b><br>Wallow<br>Rocker<br>Cossack<br>Spread eagle   | <b>Interlocker Part 1</b>  | Triangle with 3 people attempting single rope inside  | Entering and exiting through the turner's legs.                   | As a class practise the routine  |
| <b>New Skills</b><br>90 degree turn<br>180 degree turn to back<br>180 degree turn to front<br>Full twist<br>360 degree turn                                      | <b>Interlocker Part 2</b><br>After practising interlocker Part 1, children are now ready to try skipping at alternate times. | <b>Eggbeater</b><br>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. | <b>Figure of 8</b><br>with 5 jumps before exiting on the diagonal | Write a routine with a partner. Children should be matched according to knowledge and ability. |
| <b>Extension</b><br>Do it in Backwards<br>Without errors for 20 seconds<br>No jumps in between<br>Making own combinations<br><b>CHECKLISTING PASSPORT SKILLS</b> | 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.  | Figure of 8 with 3 jumps  | As an individual continue to work on any new difficult 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.

**COOL DOWN (5 minutes)**  
**Static Stretches**  
**See ARSA Coaching Manual**



# LESSON PLAN 10

- 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. 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.**

| Single Rope (10 mins)   | Partner (10 mins)  | Long Rope (10 mins)  | Double Dutch (10 mins)   | Routine (5 mins)   |
|---|--|--|--|--|
| <p><b>Review</b><br/>                     90 degree turn<br/>                     180 degree turn to back<br/>                     180 degree turn to front<br/>                     Full twist<br/>                     360 degree turn</p>                            | <p><b>Interlocker Part 1</b><br/> <b>Interlocker Part 2</b><br/>                     After practising interlocker part 1 children are now ready to try skipping at alternate times</p> | <p><b>Eggbeater</b><br/>                     Have 1 eggbeater 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.</p> | <p>Entering and exiting through the turner's legs.<br/> <b>Figure of 8</b> with 5 jumps before exiting on the diagonal</p> | <p>Whole class to review routine.</p>  |
| <p><b>New Skills</b><br/>                     Children pair up and make up a routine with 5 of their favourite tricks to show to group</p>  | <p><b>Interlocker part 2:</b> Which group can do the most alternate skips without a mistake or falling into the pattern of skipping at the same time</p>                               | <p>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.</p>  | <p>Figure of 8 with 3 jumps then to 1 jump</p>   | <p>Practising a routine with a partner matched according to knowledge and ability.</p>                         |
| <p><b>Extension</b><br/>                     Do it in Backwards<br/>                     Without errors for 20secs<br/>                     No jumps in between<br/>                     Making own combinations<br/>                     Checklist passport skills</p> |  | <p>Attempt level 1 skills inside the eggbeater. eg. bell skier etc.</p>  |  | <p>Children who have mastered routine to start working on a solo routine with 5 of their favourite tricks.</p> |

**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** \_

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