



SPACE - There should be enough space around the skipper to avoid hitting people or objects with the rope as it turns. There should also be enough space overhead, if working indoors, to avoid bringing down light fittings and other objects from the ceiling. Check the space you are working in and secure it is clear before you start.

SURFACE – Skipping activities should take place on a hard, smooth, flat, dry surface, clear of any articles that might cause tripping. Skipping on agility mats should be avoided.

EQUIPMENT – Ensure your rope is the correct length and that it is made of plastic if possible, to get the best results. Help and advice is available in the #SKIPUNITE 'Skills Intro Video' so please do check it out!

CLOTHING & FOOTWEAR - Skipping is a high-impact exercise. It is recommended to wear supportive footwear with shock-absorbing insoles (e.g. training shoes). Avoid skipping in socks or bare feet. Wear clothing appropriate for physical activity and remove jewellery.



TECHNIQUE – Correct technique should always be followed. Good landing technique is crucial and should be monitored to ensure that impact is minimised by reducing the height of the jump, bending the knees and landing on the ball of the foot followed by touching the heels gently on the floor. Listen carefully throughout our #SKIPUNITE video tutorials and follow the advice given.

SKILL SELECTION - #SKIPUNITE skills are aimed at children in school years 3-6. They are progressive and include options to differentiate. Tips and advice on this will be provided within the skills tutorial videos. Ensure children identify the set of skills most suited to previous experience/ability (i.e. beginner/advanced).

N.B. - Children in school years 1 and 2 should not undertake the skills and associated challenges. A separate 'super skipper' video resource has been produced for them to follow and learn basic skipping skills to help them become 'super skippers'.

WARM-UP & COOL-DOWN - A good warm-up and cool-down should be included before and after each skipping session. You can follow the #SKIPUNITE warm-up each day or, if you are confident enough, make up your own as well as your own cool down.

ABILITY & EXPERIENCE - Skipping is not appropriate, safe or comfortable for all children. Care should be taken when working with young people who are obese or very sedentary, or who have SEND in terms of integrating them safely, gradually and appropriately. Set a realistic timeframe for practicing skipping skills, relevant to the level of fitness, age and skill level of the children.

SUPERVISION – When skipping, children should be supervised by an adult who should help to check and apply the safety points in this document. Adults should ensure children are not exposed to long-duration or excessive amounts of jumping as this may cause unnecessary stress to bones and joints. It is recommended to intersperse jumping activities with non-jumping activities.

GENERAL CONSIDERATIONS - When children are skipping outside on a hot/sunny day make sure they wear sunscreen. Schedule rest times and ensure regular water drink breaks are taken

Always consider personal fitness levels, clothing/equipment, pre-existing medical conditions, and the space/ environment in which activity is taking place before determining if it is safe to participate.



If you are exercising outside of your home, you should do so responsibly and safely. You **MUST** ensure you adhere to the latest Government Guidance in respect of Covid-19.

School groups taking part MUST also ensure adherence to Government/LA guidelines and ensure activity is managed in line with the school's Covid-19 risk assessment.