

## SKIPPING CHALLENGE

Skipping is a really good way to stay fit and healthy.



Below is a clip of two of the world champions performing in slow-motion.

Watch from 50 seconds to 3 minutes and 30 seconds.

<https://www.youtube.com/watch?v=1eg-B-Q2sg>

Your task is to learn a couple of the skipping tricks shown below.

Then have a go at being a skipping coach, teaching an adult your new fancy moves. This clip is 4 minutes 45 seconds long. I like the look of the Side Swing Cross!!!

<https://www.youtube.com/watch?v=LTe8nUuWz00>

GOOD LUCK.