

Alert Card 8: Skipping

- 1) Start with this activity (Alerting activity).
- 2) Children to skip using a rope or step/skip through a hoop.
- 3) Time for 2 minutes (you can use an egg timer or a digital timer).
- 4) Move on to a Concentration station after this one.

Equipment:

- Skipping rope or large hoop

Make it easier: Use a hoop
Pretend to skip using the action of arms.

