



# SKIPADAY



## KS1 WEEK 1

### SKILL OF THE WEEK:

Two footed jumps- how many skips can you do in a row without stopping?

Children to practice this can you improve your score over the week?

### TRICK TUESDAY

Can you skip on one leg?

### FAST FRIDAY

How many skips can you do in one minute?

### WET WEATHER

Jump on two feet in the classroom with an imaginary rope to your favourite song!

### EXTENSION

#### NUMERACY:

Can the children chant the 2 x table as they skip?

#### LITERACY:

Can children chant the days of the week as they skip?



## KS2 WEEK 1

### SKILL OF THE WEEK:

Two footed jumps- how many skips can you do in a row without stopping?

Children to practice this can you improve your score over the week?

### TRICK TUESDAY

Can you do a double skip?

### FAST FRIDAY

How many skips can you do in one minute?

### WET WEATHER

Jump on two feet in the classroom with an imaginary rope.  
Work with a partner and see how long you can jump for!

### NUMERACY:

### EXTENSION

Can the children chant the 2x table as they skip?

### LITERACY:

Can children practice their spellings as they skip? How about chalking the spellings on the floor?