

CORBIN BLEU
KEKE PALMER

JUMP IN!



HOW TO SET UP A SKIPPING CLUB

IN SCHOOL

1. Keep it lively and interesting
2. Don't forget to warm up
3. Make sure pupils understand the basics of skipping before trying harder tricks
4. Get pupils in pairs so only one skips at a time and the other watches/counts to record results. This also gives each person time to recover
5. Have different types of tasks for pupils to mix in and out of (Double Dutch, single rope with two turners or individual rope skipping)
6. Pupils could bring in their own music to skip to
7. Encourage progression by setting simple competitive targets. For example: 'See how many consecutive jumps you can get, see how many side straddles you can do, how many crossovers' etc
8. Pupils could record results after Jumping Class in a booklet to see their weekly progression. They should also record any new skills learned
9. Remember to cool down
10. **Build up to something big!**
Have a skip-a-thon at the end of term. It's a great way to get extra pupils involved and an opportunity for pupils to show off their new tricks. Why not raise money for charity!

OUT OF SCHOOL

1. The club will need insurance, e.g. Public Liability (to cover both instructors and children). Register your club with the British Rope Skipping Association (BRSA) to be covered automatically www.brsa.org.uk
2. Make sure anyone employed by the club who may be in contact with the children are checked by the Criminal Records Bureau
3. Set up a committee (chairperson, treasurer and secretary) to manage the club
4. Think of a catchy name for the club and design a logo
5. Should there be a uniform (t-shirt / shorts or skirt / trainers)? You could provide a branded club t-shirt. This will make members feel 'part of the gang'
6. Ensure the clubs future by setting up child subscription (include club t-shirt in the cost)
7. Make sure your venue is big enough for the 'size' of the club. Is there a maximum membership number?
8. Identify what equipment you need (ropes / stereo etc) and in what quantity?
9. See the In-School lesson guidelines. They should give you an idea of how to conduct your sessions.