



TASK CARD A

THE TURNING CHALLENGE

The aim of this task is for everyone to become as good at jumping the ropes as possible. The better the turners you have the better you will be able to get at jumping.

- 1) Watch your partners turn without a rope and check that they are using the correct technique:
 - drawing as big circles as possible with their arms
 - arms not crossing over the middle of their chest
 - counting until they get the correct rhythm (imagine someone would usually be jumping on each beat: 1-2-1-2-1-2-1-2)
- 2) See if they can keep this technique perfect and walk four beats towards each other then apart.
 - If they can do it well then get them to go down on one knee, then two knees then back up
 - All the time make sure that they are following and really focussing on the technique tips
- 3) Change over and give the next person a turn at coaching you.

After a little while your teacher will give you a turn at doing this Task Card using the ropes. Make sure you all get to have a go at turning using the ropes.

IMPORTANT: Make sure you keep the correct regular rhythm (1-2-1-2-1-2-1-2) all the time when using the ropes too.

