**Skipping**

**Which level can you skip at?**

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| Level 4 | Level 5 | Level 6 | Level 7 |
| Basic skipBum kicksHoppingDouble jumpsSide steps | SilorsCan canKnee raisesSide liftsSlalomJumping jacksJumping forward and backwards | Mmoving around the areaCrossoverTurn aroundBackwardsHeel tapsCrossover legsCriss cross | Run into and out of moving ropePretzelHalf twist with crossDouble douch |
| On the spot | Link togetherRope keeps moving | Moving with ropeDoing different things with ropeWorking with partner at same time | Combining skipping techniquesDifferent pace |