



LESSON PLAN 1

- EQUIPMENT**
- ★ 12 x 3m ropes
 - ★ 6 x 3.5 m ropes
 - ★ 4 x 4m ropes
 - ★ 6 speed balls
 - ★ stopwatch

- WARM UP (10 minutes)**
- A. Dynamic Movement: in lines**
1. 30secs of running on the spot
 2. 30 secs 1 2 3 4 tuck jump or double unders
 3. 30 secs of jumping with two feet together
 4. clap game revising or introducing new skills
- B. Static Stretches**
- C. 4 stations each 1 min**
1. turning double dutch ropes
 2. side swinging
 3. speed balls
 4. fast running on the spot

SPEED :

Time 30 secs: children jog inside of rope - count right foot only
 Time 30 secs: children double unders in that time
 Time 1 min: children jog inside of rope - count right foot only
 (NOTE: Steps don't have to be without error)

**CHILDREN RECORD SCORES
 EACH WEEK IN PASSPORT.**

Single Rope (10 mins)	Partner (10 mins)	Long Rope (10 mins)	Double Dutch (10 mins)	Routine (5 mins)
Discuss elements: Basic jumping Posture Technique	Posture Technique Attempting skill outside rope Practising count Double bounce	Posture Technique Attempting skill outside rope Practising count Double bounce	Posture Technique Attempting skill outside rope Practising count	
New Skills Double Bounce Single Bounce Bell Skier Side Straddle	1 rope/1 jumper both turning 2 in 1 rope both turning and jumping	Turning play Evie Ivie Over 1 st without jumping Teach basic entrance and exit again without ropes and learning the count Rotate all turners an jumpers Once mastered try with jumpers and turners	Stop Swap Drop For turners and jumpers no skipping 1 st lesson	First 3 skills of Level 1 routine
Extension Do it in Backwards Without errors for 20 seconds No jumps in between Making own combinations	Try with basic level 1 skills like bell skier, side straddle 4 double bounces to 4 single bounces Alternating with 4 jumps each turner	Try the level 1 skills learnt in previous activities inside		Attempt Routine In Backwards

SHARING TIME (2 minutes)
 Children in the group are encouraged to display something they have learnt or created themselves. Each week choose different children to display.

COOL DOWN (5 minutes)
Static Stretches
See ARSA Coaching Manual



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Australian Rope Skipping Association
Coaching Manual Level 1
LESSON PLANS 1 to 10

LESSON PLAN 2

- EQUIPMENT**
- ★ 12 x 3m ropes
 - ★ 6 x 3.5 m ropes
 - ★ 4 x 4m ropes
 - ★ 6 speed balls
 - ★ stopwatch

- WARM UP (10 minutes)**
- A. Dynamic Movement: in lines**
1. 30secs of running on the spot
 2. 30 secs 1 2 3 4 tuck jump or double unders
 3. 30 secs of jumping with two feet together
 4. clap game revising or introducing new skills
- B. Static Stretches**
- C. 4 stations each 1 min**
1. turning double dutch ropes
 2. side swinging
 3. speed balls
 4. fast running on the spot

SPEED :

Time 30 secs: children jog inside of rope - count right foot only
 Time 30 secs: children double unders in that time
 Time 1 min: children jog inside of rope - count right foot only
 (NOTE: Steps don't have to be without error)

**CHILDREN RECORD SCORES
 EACH WEEK IN PASSPORT.**

Single Rope (10 mins)	Partner (10 mins)	Long Rope (10 mins)	Double Dutch (10 mins)	Routine (5 mins)
Review Basic jumping Posture Technique	1 rope 1 jumper both turning 1 rope/2 in 1 rope both turning and jumping	1 rope 1 jumper both turning Evie ivie over Entrances and exits	Posture Technique Attempting skill outside rope practising count	First 3 skills of Level 1 routine
New Skills twister forward straddle fake pushup one foot bounce	Piggy in middle Stop swap drop make sure everyone has a go at jumping and turning Practising basic skills learnt from previous week	Put together a routine of skills learnt from last week and this week Rotate all turners and jumpers Once mastered try with jumpers and turners	Stop Swap Drop For turners and jumpers no skipping 1 st lesson	Practise 1 st 3 skills without any mistakes
Extension Do it in Backwards Without errors for 20 seconds No jumps in between Making own combinations	Attempting new Level 1 skills learnt from this week turners doing the same foot pattern as the jumper Ask children to put together a routine	Try the level 1 skills learnt in previous activities inside the long rope		Attempt Routine In Backwards

SHARING TIME (2 minutes)
 Children in the group are encouraged to display something they have learnt or created
 themselves. Each week choose different children to display.

COOL DOWN (5 minutes)
Static Stretches
See ARSA Coaching Manual



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Coaching Manual Level 1
LESSON PLANS 1 to 10

LESSON PLAN 3

- EQUIPMENT**
- ★ 12 x 3m ropes
 - ★ 6 x 3.5 m ropes
 - ★ 4 x 4m ropes
 - ★ 6 speed balls
 - ★ stopwatch

- WARM UP (10 minutes)**
- A. Dynamic Movement: in lines**
1. 30secs of running on the spot
 2. 30 secs 1 2 3 4 tuck jump or double unders
 3. 30 secs of jumping with two feet together
 4. clap game revising or introducing new skills
- B. Static Stretches**
- C. 4 stations each 1 min**
1. turning double dutch ropes
 2. side swinging
 3. speed balls
 4. fast running on the spot

SPEED :

Time 30 secs: children jog inside of rope - count right foot only
 Time 30 secs: children double unders in that time
 Time 1 min: children jog inside of rope - count right foot only
 (NOTE: Steps don't have to be without error)

**CHILDREN RECORD SCORES
 EACH WEEK IN PASSPORT.**

Single Rope (10 mins)	Partner (10 mins)	Long Rope (10 mins)	Double Dutch (10 mins)	Routine (5 mins)
Review Basic jumping Posture/Technique twister forward straddle fake pushup one foot bounce	1 rope 1 jumper both turning 1 rope/2 in 1 rope both turning and jumping Piggy in middle	1 rope 1 jumper both turning Evie ivie over Entrances and exits a routine of skills learnt from last week and this week	Posture Technique Attempting skill outside rope practising count Stop Swap Drop For turners and jumpers no skipping 1 st lesson	First 3 skills of Level 1 routine
New Skills Peekaboo The Boxer Jogging step The X	Piggy in the middle relay	Long Rope Figure of 8 Remembering to rotate all turners and jumpers	Entering and exiting Practising firstly without the ropes reinforcing entering on the diagonal and	Next 2 skills of the routine
Extension Do it in Backwards Without errors for 20 seconds No jumps in between Making own combinations Checklist passport skills.	Attempting new Level 1 skills learnt from this week turners doing the same foot pattern as the jumper Ask children to put together a routine	See Challenges associated with Figure of 8 long rope	How many jumps can be done before exiting	Attempt Routine In Backwards

SHARING TIME (2 minutes)
 Children in the group are encouraged to display something they have learnt or created themselves. Each week choose different children to display.

COOL DOWN (5 minutes)
Static Stretches
 See ARSA Coaching Manual



LESSON PLAN 4

- EQUIPMENT**
- ★ 12 x 3m ropes
 - ★ 6 x 3.5 m ropes
 - ★ 4 x 4m ropes
 - ★ 6 speed balls
 - ★ stopwatch

- WARM UP (10 minutes)**
- A. Dynamic Movement: in lines**
1. 30secs of running on the spot
 2. 30 secs 1 2 3 4 tuck jump or double unders
 3. 30 secs of jumping with two feet together
 4. clap game revising or introducing new skills
- B. Static Stretches**
- C. 4 stations each 1 min**
1. turning double dutch ropes
 2. side swinging
 3. speed balls
 4. fast running on the spot

SPEED :

Time 30 secs: children jog inside of rope - count right foot only
 Time 30 secs: children double unders in that time
 Time 1 min: children jog inside of rope - count right foot only
 (NOTE: Steps don't have to be without error)

**CHILDREN RECORD SCORES
 EACH WEEK IN PASSPORT.**

Single Rope (10 mins)	Partner (10 mins)	Long Rope (10 mins)	Double Dutch (10 mins)	Routine (5 mins)
Review Posture/Technique forward straddle fake pushup one foot bounce Boxer The X	1 rope 1 jumper both turning 1 rope/2 in 1 rope both turning and jumping	1 rope 1 jumper both turning Choose 4 Skills learnt from last couple of weeks inside the long rope	Posture Technique Attempting skill outside rope practising count Stop Swap Drop For turners and jumpers	First 5 skills of Level 1 routine
New Skills Double under Single sideswing Double sideswing Sideswing x Cross over	traveller revise single rope skills with a partner	Single Rope Inside a Long Rope Remembering to rotate all turners and jumpers	How many jumps can be done before exiting Attempt the jogging step	Learn the next 3 skills
Extension Do it backwards Without errors for 20secs No jumps in between Making own combinations Checklist passport skills	Attempting new Level 1 skills learnt from this week turners doing the same foot pattern as the jumper. Ask children to put together a routine	Attempt Level 1 Skills with their single rope in the Long rope double bounce	Try bell skier and side straddle inside the ropes	Attempt Routine In Backwards

SHARING TIME (2 minutes)
 Children in the group are encouraged to display something they have learnt or created themselves. Each week choose different children to display.

COOL DOWN (5 minutes)
Static Stretches
See ARSA Coaching Manual



LESSON PLAN 5

- EQUIPMENT**
- ★ 12 x 3m ropes
 - ★ 6 x 3.5 m ropes
 - ★ 4 x 4m ropes
 - ★ 6 speed balls
 - ★ stopwatch

- WARM UP (10 minutes)**
- A. Dynamic Movement: in lines**
1. 30secs of running on the spot
 2. 30 secs 1 2 3 4 tuck jump or double unders
 3. 30 secs of jumping with two feet together
 4. clap game revising or introducing new skills
- B. Static Stretches**
- C. 4 stations each 1 min**
1. turning double dutch ropes
 2. side swinging
 3. speed balls
 4. fast running on the spot

SPEED :

Time 30 secs: children jog inside of rope - count right foot only
 Time 30 secs: children double unders in that time
 Time 1 min: children jog inside of rope - count right foot only
 (NOTE: Steps don't have to be without error)

**CHILDREN RECORD SCORES
 EACH WEEK IN PASSPORT.**

Single Rope (10 mins)	Partner (10 mins)	Long Rope (10 mins)	Double Dutch (10 mins)	Routine (5 mins)
Review Double under Single sideswing Double sideswing Sideswing x Cross over	1 rope 1 jumper both turning 1 rope/2 in 1 rope both turning and jumping traveller	Single Rope Inside a Long Rope	Posture Technique How many jumps can be done before exiting Attempt the jogging step	Any children having trouble with routine to go back and concentrate on the start of routine
New Skills Routine: All 8 skills of Level 1 routine	Twins	2 turners with a rope inside the long rope Remembering to rotate all turners and jumpers	Rear exchange Side exchange Try bell, skier, and side straddle inside the ropes	Repeat the session from start of lesson
Extension Do it in Backwards Without errors for 20 seconds No jumps in between Making own combinations Checklist passport skills.	Twins should attempt to : Try level one skills together Move from double bounce to single bounce Try a double under	Attempt Level 1 Skills with their single rope in the Long rope double bounce		Work on own combinations

SHARING TIME (2 minutes)
 Children in the group are encouraged to display something they have learnt or created
 themselves. Each week choose different children to display.

COOL DOWN (5 minutes)
Static Stretches
 See ARSA Coaching Manual



LESSON PLAN 6

- EQUIPMENT**
- ★ 12 x 3m ropes
 - ★ 6 x 3.5 m ropes
 - ★ 4 x 4m ropes
 - ★ 6 speed balls
 - ★ stopwatch

- WARM UP (10 minutes)**
- A. Dynamic Movement: in lines**
1. 30secs of running on the spot
 2. 30 secs 1 2 3 4 tuck jump or double unders
 3. 30 secs of jumping with two feet together
 4. clap game revising or introducing new skills
- B. Static Stretches**
- C. 4 stations each 1 min**
1. turning double dutch ropes
 2. side swinging
 3. speed balls
 4. fast running on the spot

SPEED :

Time 30 secs: children jog inside of rope - count right foot only
 Time 30 secs: children double unders in that time
 Time 1 min: children jog inside of rope - count right foot only
 (NOTE: Steps don't have to be without error)

**CHILDREN RECORD SCORES
 EACH WEEK IN PASSPORT.**

Single Rope (10 mins)	Partner (10 mins)	Long Rope (10 mins)	Double Dutch (10 mins)	Routine (5 mins)
Review All level one skills learnt to this point. Show the skill have the children tell you the name then do it themselves.	Traveller	Single Rope Inside a Long Rope 2 turners with a rope jumping inside the long rope	Posture Technique How many jumps can be done before exiting Attempt the jogging step outside ropes	1 st 8 skills of the routine
New Skills Can can Frog can can	Triplets Try bell skier and side straddle at the same time as jumping make sure everyone is rotated	Rainbow	Encourage children to enter with their right foot staying on time with the ropes	Work on own combinations
Extension Do it in Backwards Without errors for 20 seconds No jumps in between Making own combinations Checklist passport skills	4 slow jumps into 4 fast jumps Jogging steps 4 fast jumps to a double under Make a small routine	How many jumps can be done		Attempt Routine In Backwards

SHARING TIME (2 minutes)
 Children in the group are encouraged to display something they have learnt or created themselves. Each week choose different children to display.

COOL DOWN (5 minutes)
Static Stretches
See ARSA Coaching Manual



LESSON PLAN 7

- EQUIPMENT**
- ★ 12 x 3m ropes
 - ★ 6 x 3.5 m ropes
 - ★ 4 x 4m ropes
 - ★ 6 speed balls
 - ★ stopwatch

- WARM UP (10 minutes)**
- A. Dynamic Movement: in lines**
1. 30secs of running on the spot
 2. 30 secs 1 2 3 4 tuck jump or double unders
 3. 30 secs of jumping with two feet together
 4. clap game revising or introducing new skills
- B. Static Stretches**
- C. 4 stations each 1 min**
1. turning double dutch ropes
 2. side swinging
 3. speed balls
 4. fast running on the spot

SPEED :

Time 30 secs: children jog inside of rope - count right foot only
 Time 30 secs: children double unders in that time
 Time 1 min: children jog inside of rope - count right foot only
 (NOTE: Steps don't have to be without error)

**CHILDREN RECORD SCORES
 EACH WEEK IN PASSPORT.**

Single Rope (10 mins)	Partner (10 mins)	Long Rope (10 mins)	Double Dutch (10 mins)	Routine (5 mins)
Review Frog can can Can can	triplets	Rainbow	Turning Side exchange Rear exchange Jogging inside the ropes	All 8 skills of the routine
New Skills Out x out kick Irish fling Fling Shuffle step	Pre chinese wheel In groups of 3 have people try it. Then choose one set and have children jump in the alternating ropes and or run through the ropes	Triangle have 3 people jump in to do bell skier and side straddle	Entering through the legs Basic jumping inside double dutch Single rope double dutch	Children should be practising 5 of their favourite skills learnt so far to potentially perform as a solo.
Extension Do it in Backwards Without errors for 20 seconds No jumps in between Making own combinations CHECKLISTING PASSPORT SKILLS.	Bell skier and side straddle	Can children move from one rope to another on the count of ready set go? Don't forget to instruct them in which direction they should be moving.		

SHARING TIME (2 minutes)
 Children in the group are encouraged to display something they have learnt or created themselves. Each week choose different children to display.

COOL DOWN (5 minutes)
Static Stretches
See ARSA Coaching Manual



LESSON PLAN 8

- EQUIPMENT**
- ★ 12 x 3m ropes
 - ★ 6 x 3.5 m ropes
 - ★ 4 x 4m ropes
 - ★ 6 speed balls
 - ★ stopwatch

- WARM UP (10 minutes)**
- A. Dynamic Movement: in lines**
1. 30secs of running on the spot
 2. 30 secs 1 2 3 4 tuck jump or double unders
 3. 30 secs of jumping with two feet together
 4. clap game revising or introducing new skills
- B. Static Stretches**
- C. 4 stations each 1 min**
1. turning double dutch ropes
 2. side swinging
 3. speed balls
 4. fast running on the spot

SPEED :

Time 30 secs: children jog inside of rope - count right foot only
 Time 30 secs: children double unders in that time
 Time 1 min: children jog inside of rope - count right foot only
 (NOTE: Steps don't have to be without error)

**CHILDREN RECORD SCORES
 EACH WEEK IN PASSPORT.**

Single Rope (10 mins)	Partner (10 mins)	Long Rope (10 mins)	Double Dutch (10 mins)	Routine (5 mins)
Review Out x out kick Irish fling Fling shuffle step	Pre Chinese Wheel	Triangle have 3 people jump in to do bell skier and side straddle	Entering through the legs Basic jumping inside double dutch Side exchange Rear exchange	Practising all 8 skills of the routine
New Skills Wallow Rocker Cossack Spread eagle	Interlocker Part 1 kids all jumping at the same time. Divide the class into groups of 4 if there are some left out they can partner up until you rotate	Triangle with 3 people trying single rope inside each of the long ropes	Exiting through the legs Entering through the legs then 4 jumps lift the ropes out and person exits through the opposite turners legs	Make your own combinations that could be performed as a solo.
Extension Do it in Backwards Without errors for 20 seconds No jumps in between Making own combinations CHECKLISTING PASSPORT SKILLS	Attempt level 1 skills: bell skier and side straddle	Attempt level 1 skills inside the ropes with their single ropes. Can the children go from 4 slow jumps to 4 fast jumps inside the long rope which will stay at a double bounce count.		Working in partners or as individuals practise more difficult skills learnt.

SHARING TIME (2 minutes)
 Children in the group are encouraged to display something they have learnt or created themselves. Each week choose different children to display.

COOL DOWN (5 minutes)
Static Stretches
See ARSA Coaching Manual



LESSON PLAN 9

- EQUIPMENT**
- ★ 12 x 3m ropes
 - ★ 6 x 3.5 m ropes
 - ★ 4 x 4m ropes
 - ★ 6 speed balls
 - ★ stopwatch

- WARM UP (10 minutes)**
- A. Dynamic Movement: in lines**
1. 30secs of running on the spot
 2. 30 secs 1 2 3 4 tuck jump or double unders
 3. 30 secs of jumping with two feet together
 4. clap game revising or introducing new skills
- B. Static Stretches**
- C. 4 stations each 1 min**
1. turning double dutch ropes
 2. side swinging
 3. speed balls
 4. fast running on the spot

SPEED :

Time 30 secs: children jog inside of rope - count right foot only
 Time 30 secs: children double unders in that time
 Time 1 min: children jog inside of rope - count right foot only
 (NOTE: Steps don't have to be without error)

**CHILDREN RECORD SCORES
 EACH WEEK IN PASSPORT.**

Single Rope (10 mins)	Partner (10 mins)	Long Rope (10 mins)	Double Dutch (10 mins)	Routine (5 mins)
Review Wallow Rocker Cossack Spread eagle	Interlocker Part 1	Triangle with 3 people attempting single rope inside	Entering and exiting through the turner's legs.	As a class practise the routine
New Skills 90 degree turn 180 degree turn to back 180 degree turn to front Full twist 360 degree turn	Interlocker Part 2 After practising interlocker Part 1, children are now ready to try skipping at alternate times.	Eggbeater Have 1 child run through and do one jump before exiting. Make sure children enter where both ropes are coming towards them. Make sure all turners and jumpers rotate.	Figure of 8 with 5 jumps before exiting on the diagonal	Write a routine with a partner. Children should be matched according to knowledge and ability.
Extension Do it in Backwards Without errors for 20 seconds No jumps in between Making own combinations CHECKLISTING PASSPORT SKILLS	Which group can do the most alternate skips without a mistake or falling into the pattern of skipping at the same time	Attempt level 1 skills inside the ropes. eg. bell skier etc.	Figure of 8 with 3 jumps	As an individual continue to work on any new difficult combinations

SHARING TIME (2 minutes)
 Children in the group are encouraged to display something they have learnt or created themselves. Each week choose different children to display.

COOL DOWN (5 minutes)
Static Stretches
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LESSON PLAN 10

- EQUIPMENT**
- ★ 12 x 3m ropes
 - ★ 6 x 3.5 m ropes
 - ★ 4 x 4m ropes
 - ★ 6 speed balls
 - ★ stopwatch

- WARM UP (10 minutes)**
- A. Dynamic Movement: in lines**
1. 30secs of running on the spot
 2. 30 secs 1 2 3 4 tuck jump or double unders
 3. 30 secs of jumping with two feet together
 4. clap game revising or introducing new skills
- B. Static Stretches**
- C. 4 stations each 1 min**
1. turning double dutch ropes
 2. side swinging
 3. speed balls
 4. fast running on the spot

SPEED :

Time 30 secs: children jog inside of rope - count right foot only
 Time 30 secs: children double unders in that time
 Time 1 min: children jog inside of rope - count right foot only
 (NOTE: Steps don't have to be without error)

**CHILDREN RECORD SCORES
 EACH WEEK IN PASSPORT.**

Single Rope (10 mins)	Partner (10 mins)	Long Rope (10 mins)	Double Dutch (10 mins)	Routine (5 mins)
Review 90 degree turn 180 degree turn to back 180 degree turn to front Full twist 360 degree turn	Interlocker Part 1 Interlocker Part 2 After practising interlocker part 1 children are now ready to try skipping at alternate times	Eggbeater Have 1 eggbeater child run through and do one jump before exiting. Make sure children enter where both ropes are coming towards them. Make sure all turners and jumpers rotate.	Entering and exiting through the turner's legs. Figure of 8 with 5 jumps before exiting on the diagonal	Whole class to review routine.
New Skills Children pair up and make up a routine with 5 of their favourite tricks to show to group	Interlocker part 2: Which group can do the most alternate skips without a mistake or falling into the pattern of skipping at the same time	Eggbeater with single rope inside the long rope. The child runs in holding single rope up starts jumping in the centre. Then attempts to start skipping with single rope inside.	Figure of 8 with 3 jumps then to 1 jump	Practising a routine with a partner matched according to knowledge and ability.
Extension Do it in Backwards Without errors for 20secs No jumps in between Making own combinations Checklist passport skills		Attempt level 1 skills inside the eggbeater. eg. bell skier etc.		Children who have mastered routine to start working on a solo routine with 5 of their favourite tricks.

SHARING TIME (2 minutes)
 Children in the group are encouraged to display something they have learnt or created themselves. Each week choose different children to display.

COOL DOWN (5 minutes)
Static Stretches
 See ARSA Coaching Manual



LESSON PLAN _

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