

# Fit Kids Healthy Kids – My Clipboard

## Lesson 1

### The Steps of Skipping

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#### Game Description:

An introduction to skipping. No equipment needed, just a star on the right foot and a heart on the left foot.

#### Objective:

For the children to learn the skill of skipping.

#### Game Rules:

Skipping can be a hard skill to learn for kids as it requires coordinated movements. The YouTube video breaks the instruction down nicely into manageable steps using a star on the right foot and a heart on the left foot. Allow the children time to learn the new skill and do not rush them. Eventually they will be skipping without even thinking!

#### AGE:

2 to 3 years  
4 to 6 years

#### TYPE OF ACTIVITY:

Skill instruction  
Warm up/Cool down

#### SPACE NEEDED:

Large Space (Gym,  
Multipurpose Room,  
Playroom)  
Medium Space (Classroom,  
Empty Room)  
Small Space (Hall,  
Furnished Room)  
Field / Park

#### HOW MANY LEADERS ARE NEEDED:

Only 1

#### HOW BIG OF A GROUP IS NEEDED:

Small group (3-5 kids)  
Medium group (6 - 15 kids)

#### TYPES OF SKILLS PRACTICED:

Agility  
Balance  
Coordination  
Skip