### Let’s Skip

### Stage 1

### In standing position lift your right knee - Now touch your right knee with your right hand

### Lift your left knee - Touch your left knee with your left hand

### If unable to balance on one foot you can start by leaning against a wall or lying down. You will then eventually be able to move to free standing position.

### Stage 2

### When confident at stage 1:

### Lift your right knee - Touch your right knee with your left hand

### Now lift your left knee - Touch your left knee with your right hand

### Stage 3

### When confident at stage 2:

### Repeat stage 2 but step forward each time you lift each knee

### Stage 3

### When confident at stage 3:

### Repeat stage 3 but move forward faster, hopping each time you lift a knee

### You will then find yourself skipping

### Benefits

Important activity for brain development, balance, coordination and learning to skip.



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