Name/Title: Skip to My Lou

Purpose of Event: To provide maximum participation and fun while teaching skipping.

Prerequisites: To be able to perform the skills of hopping and walking.

Suggested Grade Level: K-2

Materials Needed: a cone for each student, music: "Skip To My Lou"

Description of Idea

Set up cones in pairs about 20 feet between: C----20ft-----C. Students stand by a cone and learn how to skip to the classic American song, "Skip To My Lou."

Describe skipping, using the cues "step-hop, step-hop." Let them know that this is a popular song in which one traditionally trades off partners and that they will be learning a variation of this song.

Without the music, ask students to skip in a straight line towards their partner, reciting “step-hop, step-hop" until they have reached their partner. When they are facing each other, tell them to “freeze.” Have students link arms and skip, turning clockwise in a circle. Let the students practice until they feel comfortable, and, thereafter, skip back in a straight line to their cone.

There are two parts to the song:
#1: On the words “Skip to My Lou”, the students will skip towards their partner.

#2: When the students reach their partner, they will hear: “Flies in the buttermilk, cows in the corn, little red wagon," etc. During these parts, link arms and turn in a clockwise circle. (option: walk or skip)

Before the students begin the activity, teach them the customary practice in folk dancing to acknowledge their partner by bowing (for boys) or performing a curtsey (for girls).

Assessment Ideas:

Ask the questions,
* What cues did we learn for skipping today? (step-hop, step-hop)
* What was the most difficult part of the day’s lesson?
* Did anyone discover that when the music got faster, they moved faster? Why do you think that is? (Rhythm)

Adaptations for Students with Disabilities:

Learning and physical disabilities can be incorporated by walking instead of skipping.

Submitted by **Ashley Regalado** who teaches at CSUS in Sacramento, CA. Thanks for contributing to PE Central! **Posted on PEC: 5/30/2010**.

Visit S&S Discount for all your physical education equipment and supplies!