

Modified skipping for all abilities

**Skip Your Way For 30 Days is an inclusive program
for people of all abilities.**

The below activities have been designed for wheelchair users,
people with reduced mobility and people with visual impairment.
Try to incorporate some of these activities in your program.



Modifications for wheelchair users

Activity 1

Hold the ropes in a starting position (handles in both hands, rope behind the wheelchair). Swing the rope overhead so it lands on the floor, and then roll the wheelchair over it. Repeat this process.

Activity 2

Cut your skipping rope in half and tie a knot at each end. Now, you can move your arms forward for forward skipping, and backwards for backwards skipping.

Activity 3

For people using non-electric wheelchairs, pull yourself along the length of a skipping rope that is secured horizontally to two separate points. The level of the rope can vary from waist height to overhead.

Modifications for visual impairment



Activity 1

Cut your skipping rope in half and tie a knot at each end. Use the arm motion of skipping and add the jumping motion if you feel comfortable to do so. This can help build confidence as you don't have to worry about the timing or height of the jump.

Activity 2

Swing the rope with both hands over your head and let the rope fall to the ground. Walk over the rope one foot at a time. Repeat these steps. Once confidence has been built, you can jump, rather than step over the rope.

Activity 3

Jump over a rope that is secured horizontally to two separate points at a low height of 15cms. You can feel the height prior to jumping. Once comfortable, you can jump back and forth over the rope.

For more information visit skippyourway.org.au