

Skipping your Way to Fitness

The playground sport is right back in fashion, reports **Nicholas Roe**

- 1 A rope screams through the air at 200 revs a minute, energy is burned at the jaw-sagging rate of 1,300 calories an hour and miracles of physical activity are performed in front of cheering crowds. Welcome to the new, super cool world of ... skipping. Once considered childish, this ancient playtime skill 3. And what's emerging is not just an effective route to mass fitness for little outlay (£5 buys a decent rope), but a new place for Britain's young athletes in a growing international sport that's intriguing to watch.
- 2 Fiercely competitive, hugely intricate and physically demanding, skipping – also known as rope-jumping – also shows signs of being, quite literally, the new rock 'n roll. Singer James Morrison recently featured a team of competition skippers in his music video *You Give Me Something*. 4, Britain's best skippers returned from the World Rope Jumping Championships in Canada this summer with a creditable fourth place.
- 3 Four years ago the British Rope Skipping Association (BRSA) started trying to raise the profile of the sport, persuading television shows such as *Blue Peter* to focus on the subtle complexity of rope work, which can involve 200 different kinds of 'jump'. Directors loved the fancy footwork and youthful profile. Huge efforts were also being ploughed into getting skipping back into the playground. This year saw Britain establishing a new world record when 7,632 children skipped continuously for three minutes in 85 locations, backed by teachers who consider rope-work to be a great way to improve youth fitness.
- 4 "Skipping went out of fashion because video games and PlayStations came along," says Sue Dalem, secretary of the BRSA. "But teachers are now pushing to bring it back." Dalem says that young people are instantly amazed at what is possible with just a simple rope. Her own daughters, Beci, 18, and Rachael, 17, started as seven-year-olds and now skip for Britain: "We skip four or five times a week for two or three hours at a time," says Rachael. "It's fun."
- 5 And this is the key. 6 basic skipping is simple, and almost anyone with five square feet of free space can do it, there's a genuinely attractive art to higher-level work. Half a dozen clubs in Britain regularly compete.
- 6 In speed contests, the world record is 188 jumps in 30 seconds. More creatively, rope-jumpers use one or even two long ropes held by team members to perform cartwheels, push-ups, handstands and aerial leaps while avoiding a rope spinning at 200 rpm. Skipping for 10 minutes is said to be the equivalent of



30 minutes' jogging, and it tones the upper body as well as the legs. The truly extraordinary thing, perhaps, is that this antique pastime ever lost its mass appeal in the first place.

- 7 Although the trend has been reversed, one remaining challenge is that many young men still consider skipping an off-puttingly girly activity. This is surprising, given that boxers rely on skipping for endurance training. And when was Mike Tyson ever a sissy?

- 1p 3 Kies bij 3 in alinea 1 het juiste antwoord uit de gegeven mogelijkheden.
A has become dominated by professionals
B has now been fully developed
C is making a comeback
D is now being overvalued
- 1p 4 Kies bij 4 in alinea 2 het juiste antwoord uit de gegeven mogelijkheden.
A For that reason
B However
C Instead
D Moreover
- 2p 5 Wie of wat heeft/hebben zich ingezet volgens de alinea's 3 en 4 om kinderen meer aan het touwtjespringen te krijgen?
Schrijf twee antwoorden op.
- 1p 6 Kies bij 6 in alinea 5 het juiste antwoord uit de gegeven mogelijkheden.
A Even though
B Knowing that
C Provided that
- 2p 7 Geef van elk van de volgende beweringen aan of deze juist of onjuist is op grond van de alinea's 6 en 7.
Omcirkel 'juist' of 'onjuist' in je uitwerkbijlage.
- 1 Bij een half uur joggen verbruik je meer calorieën dan bij een half uur touwtjespringen.
 - 2 Bij touwtjespringen worden alleen de benen goed getraind.
 - 3 Touwtjespringen is volgens veel jonge mannen typisch iets voor meisjes.
 - 4 Sommige vechtsporters trainen ook door touwtje te springen.

Bronvermelding

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