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**Subject: ORIENTATION**

**Level: 1**

**Lesson No. 11**

## **Learning Readiness Testing**

### Lesson 9 - Testing of Bilateral Skipping

(It used to be in bygone days, that some schools would not admit young students who could not skip, because the ability to skip was taken as a signal that the brain was ready to learn to read.)

Skipping involves hopping on one foot and then the other to move one's self along. This should be done bilaterally, using opposite hands and feet as described above in the bilateral running and walking exercise.

The student should be able to skip in a straight line, without any difficulty for twenty feet. If he does this, he has passed the skip test.

Remediation: Practice bilateral skipping either as a remedial exercise or to gain proficiency. See how long the child can skip – in distance and in time. The better he becomes at this skill, the better fit he will be and the more ready to learn to read!

Practice 3-5 minutes, two to three times a day.

If you have trouble with bilateral skipping, also practice the bilateral army crawl and bilateral walking and running for 3 minutes, two to three times a day.

**Do your mazes.**