



GAMES CARD

7

Fun Skipping Games

Skipping Challenge Course (♣) – eg. Skip to the clothesline, skip to the back fence, skip to the BBQ, skip to the back shed etc.

Skip Dance (♣/🏠) – Put on some steady beat music and make up a dance, eg. Start on your right foot and skip 3 steps forward, 3 steps back. Start on your left foot and skip 3 steps forward, 3 steps back. Skip clockwise around the edge of an imaginary circle, then skip anti-clockwise. Skip around an imaginary square etc.

Short Rope Skipping (♣/🏠)

Tips:

- To choose the right length of rope, stand on the middle of the rope and lift the ends upwards. The ends should reach your armpits or a little higher.
- Turn the rope by making small circles with the wrists, not by lifting your arms
- It's easiest to start with a two foot jump until you get the arm action and timing, then you can try a skipping step (step-hop).

Long Rope Skipping (♣/🏠) – In an open space get 2 kids to turn a long rope while 1 or more other kids jump in and skip, while singing 'jelly on a plate, wibble, wobble, wibble, wobble, jelly on a plate', then running out clear of the rope.

KEY: ♣ = can be played by one person, 🧑 = needs more than 1 player, 🏠 = some equipment needed, • = organisation required, 🏠 = can be played inside