

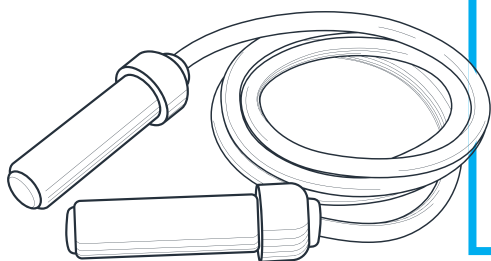


#Together

SKIP TO IT

Jump over the rope in a variety of ways to test your memory and coordination.

You'll need: a long rope, an elastic loop, more than three participants and plenty of space.



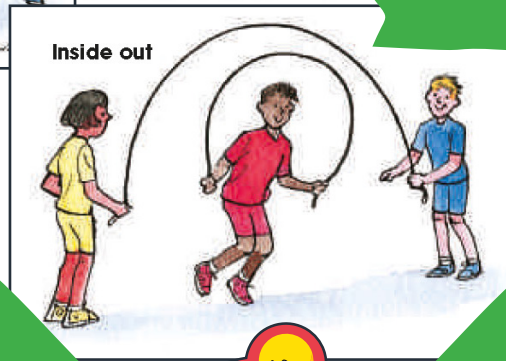
Getting out



Getting in



Inside out



Long rope

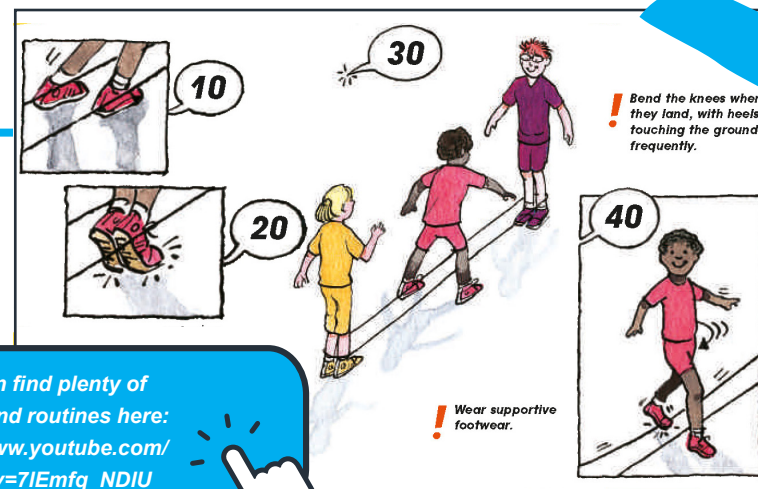
- Two people in the group are turners, while the rest are skippers.
- As the turners start to turn the rope, the skipper stands beside one of the turners and as the rope turns away from them, the skipper runs in and starts skipping as it clips the floor. Skip for an agreed number of jumps or an agreed time.
- You can make this harder by having one skipper jump in, then two, three and four until you're all skipping. Now try clapping, turning and hopping together!
- You can make it harder still by getting the skipper to try skipping with a short rope through the turning long rope!

THINK INC
Use clear visual signals for those with hearing impairments.

French skipping

Two players stand about a metre apart and stretch the elastic round their ankles. The third player stands in the middle to skip, working through a series of

jumps and steps. If they complete the sequence correctly, the elastic is raised from ankle to knee, then up to waist height.



You can find plenty of rhymes and routines here:
https://www.youtube.com/watch?v=7IEmfq_NDIU