

FAMILY LEARNING - KEEPING ACTIVE WHILST AT HOME

SKIPPING GAMES FOR YOU AND YOUR FAMILY AT HOME OR IN YOUR GARDEN

What do I need to play?

One small or long rope this can be a washing line if you do not have skipping ropes

FORWARD SKIPPING

Hold one handle of your skipping rope in each hand and stand still with your feet together, the rope just behind your heels. Now swing the rope over your head and down in front of you. Just as it touches the ground skip over it with one foot after the other. Carry on until the rope catches your feet.

BACKWARD SKIPPING

Start with the rope in front of your toes. Swing it up in front, over your head and skip over it as it touches the ground by your heels.

FORWARD AND BACKWARD SKIPPING

Instead of skipping over the rope as it touches the ground jump over it with both feet.

Doubleturn

Get a good rhythm going doing forward skipping then take a big jump and very quickly turn the rope so that it passes twice under your feet before you touch the ground.

CROSS ARM SKIPPING

Start with ordinary forward skips. Then cross your arms in front of you as the rope comes over your head and before it reaches the ground and skip through the loop formed by the rope. Carry on skipping alternate forward and cross-arm skip.

HOP SKIPPING

Hop over the rope first with your right foot, next time with your left and carry on alternating feet, getting faster and faster.

SIDE SWING SKIPPING

Start with forward skipping. After one skip, place hands together and swing the rope in a big circle to your left. This is followed by another ordinary skip, then swing the rope to your right. Continue skipping and swinging alternatively.