

FRENCH SKIPPING

Two players are the "enders" and stand inside the loop of elastic. They stretch the elastic into a rectangle shape by standing with their feet slightly apart. To start with the elastic should be at ankle height.

The „jumper“ then has to perform different hops and jumps, jumps in and around and on the elastic.

These jumps can be done whilst chanting skipping rhymes or songs.

If the „jumper“ is successful in completing the rhyme (and the jumps) the height of the elastic is raised to the knees, then the thighs, then the waist!



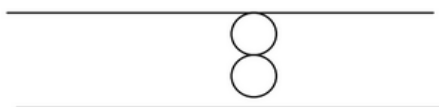
What you need

A hard, flat ground surface

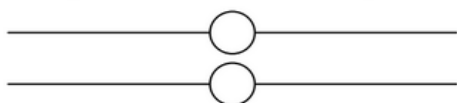
A rope made from a piece of elastic or stretchy rope tied together to form a loop about 3 metres long

There are some words to describe the 'jumps'.

"IN" Jump with both feet together inside the elastic.

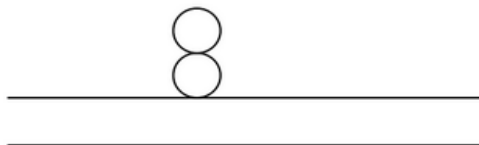


"ON" Jump with both feet on top of the elastic. The left foot lands on the left elastic; the right foot lands on the right elastic.



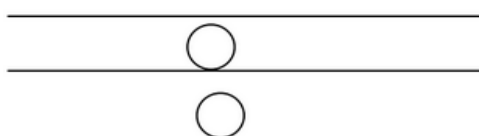
"OUT" (or outside)

Jump with both feet together from the middle to the outside of the elastic. Feet land together on one side.



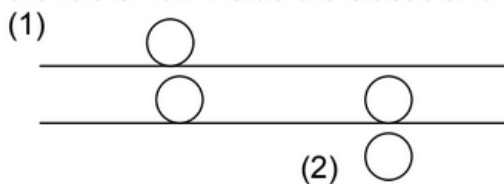
"STRADDLE OUT"

Jump and straddle! The left foot lands outside the left side of the elastic. The right foot lands outside the right side of the elastic.



"SIDE JUMP"

Start with the left foot outside the elastic and the right one inside. Now jump so that the left is now inside the elastic and the right is outside.



Jumpers call the steps out loud while jumping. Calling helps the 'jumper' to remember the 'sequence' of the jumps!

GAMES TO PLAY - Chants

England, Ireland, Scotland, Wales

What you do

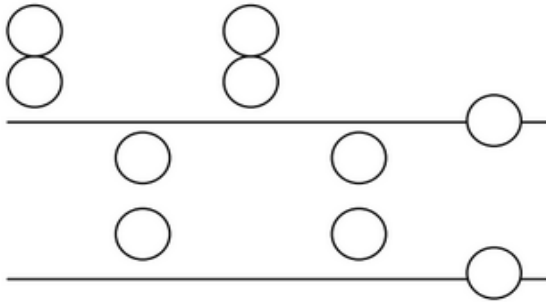
Start position – stand with both feet outside the elastic

England – jump inside

Ireland – jump out

Scotland – jump in again

Wales – jump with both feet on the elastic



Chocolate Cake

What you do

Start position - left foot inside the elastic loop and right foot just outside.

Here is one of the rhymes we say:

'Chocolate cake, when you bake,
How many minutes will you take?
One, two, three, four.'

On **ONE**: jump up and land with left foot outside the elastic and your right foot inside.

On **TWO**: jump up and land with both feet together inside the elastic.

On **THREE**: jump up and land with both feet outside the elastic.

On **Four**: jump up and land with both feet on the elastic.

