

SKIPPING GAMES

Two players stand opposite of each other holding one side of the rope.

One player stands in the middle on either side of the rope.

The two players swing the rope over the middle players head.

When the rope gets to the middle player's feet he/she jumps over it. Now keep the rope turning, jumping each time the rope hits the ground.

As the players are jumping the rope, add some chants:



1. Spelling Hipp - o pot - a - mus

You've got the hip (put hand on hip)

The "O" (put arms up in the air in the shape of an O)

The "Pot" (put arms in front of you -- still in the O shape -- imagine you're hugging a big pot in front of you)

The "Toe" (lift one of your legs up and touch your toe with your hand)

And the "Miss"! (stop the skipping rope by jumping over it, one leg on each side, when it's on the ground)

2. Times Tables

1 and 1 are 2

2 and 2 are 4

4 and 4 are 8 (see if you can keep the skips going to do different times tables)

3. Alphabet Soup

ABCs and vegetable goop

What will I find in the alphabet soup?

A-B-C-D-E-F-G- - - - (keep jumping until a mistake is made. See who can go the furthest along the alphabet. To make it harder to those who find skipping easier, turn the rope a bit faster.

4. Wiggly Worm

The rope is held at each end and wiggled to and fro making a „wiggling snake“ motion. The height and width of the moving snake can be altered depending on the skills of the players.

5. At the Sea Side

The rope is held at each end and waves are made in the rope by moving the arms up and down. The players attempt to jump over the rope at the lowest part of the wave.

6. In and out

Turn the rope in a consistent rhythmical manner. The players run through the rope without letting the rope touch them. To help cue when to run, listen to the sound the rope makes when it touches the ground.

What other skipping rhymes and chants do you know?

