



Skipping Games



Active Games - Skipping

The benefits of being active for physical and mental health are huge. Being active helps release chemicals in your brain (endorphins), which have a positive effect on your mood, not to mention the benefits to your heart, lungs, muscles and bones.

Traditional school yard games are great fun and a good way to get you and your kids active. You don't need much equipment and many can be played indoors as well as outdoors.

Choose games from the list below to get instructions on how to play them.

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All in together guys

Age Group:	7+
No. of Players:	3 or more
Indoor:	Yes
Outdoor:	Yes
Equipment:	A long rope

How to play: Two players hold the rope on at each end. The other players stand in a row to one side. The rope is turned and players jump in as the month of their birthday is called during the first rhyme. When everyone is in players jump out as the month of their birthday is called during the second rhyme.

Rhyme 1: *"All in together guys this is fine weather guys. When it is your birthday please jump in - january february march april may june july august september october november december"*

Rhyme 2: *"All out togheter guys this is fine weather guys. When it is your birthday please jump out - january february march april may june july august september october november december"*

Down in the valley

Age Group:	7+
No. of Players:	3 or more
Indoor:	Yes
Outdoor:	Yes
Equipment:	A long rope

How to play: Two players hold the rope on at each end. The other players stand in a row to one side. The rope is turned and each child takes a turn to jump in and skip until they miss a skip or reach 100 while the rhyme is chanted. The rope is turned faster and faster.

Rhyme: *"Down in the valley where the green grass grows There stands (childs name) hanging out the clothes Along comes (another childs name) and kisses her/him on the check How many kisses does she/he receive? 5..10..15..20...100"*

I'm a little bumping car

Age Group:	7+
No. of Players:	3 or more
Indoor:	Yes
Outdoor:	Yes
Equipment:	A long rope

How to play: Two players hold the rope on at each end. One player is in the centre jumping. As the player is skipping everyone chants the rhyme - when the rhyme says “**run around the corner**” the player skipping runs around one of the people swinging the rope and then jumps back in to stay skipping for the rest of the rhyme. The count keeps going until they miss a skip or reach 100. Everyone takes turns to swing the rope and jump.

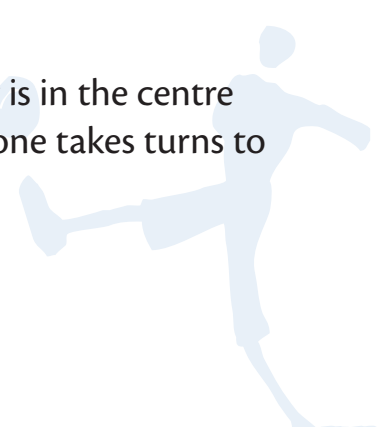
Rhyme: “*I am a little bumping car my number is 48 I ran around the corner and slammed on my breaks The policeman came and caught me and put me into jail How many years did I get? 12345...100*”

Jelly on a plate

Age Group:	5+
No. of Players:	3 or more
Indoor:	Yes
Outdoor:	Yes
Equipment:	A long rope

How to play: Two players hold the rope one at each end. One player is in the centre jumping. As the player is skipping everyone chants the rhyme. Everyone takes turns to swing the rope and jump.

Rhyme: “*Jelly on a plate, jelly on a plate
Wibble wobble wibble wobble
Jelly on a plate
Sausage in the pan, sausage in the pan*”



*Sizzle sizzle sizzle sizzle
Sausage in the pan."*

Postman

Age Group:	7+
No. of Players:	3 or more
Indoor:	Yes
Outdoor:	Yes
Equipment:	A long rope and a stone

How to play: Two players hold the rope on at each end. One player is in the centre jumping holding the stone in their hand. As the player is skipping everyone chants the rhyme. Everyone takes turns to swing the rope and jump.

Rhyme: *"Early in the morning at 6 o'clock I can hear the postman knock Postman postman drop your letter (let the stone drop) Postman postman pick it up (pick up the stone)"*

