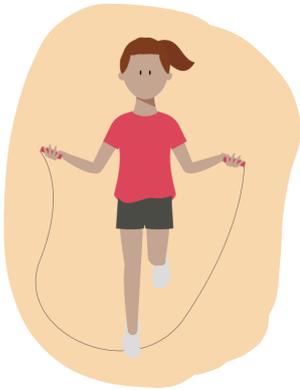


Skipping Day

60-Second Challenge



Equipment: Skipping ropes

How to Play: How many skips can you do in one minute? Count carefully and try to beat your score on your next turn!

Traffic Lights

Equipment: Skipping ropes

How to Play: Ensure the children are in their own space so they won't hit each other while skipping. When everyone is ready, shout out one of the following instructions:

- Green – Skip fast
- Amber – Skip slowly
- Red – Freeze!

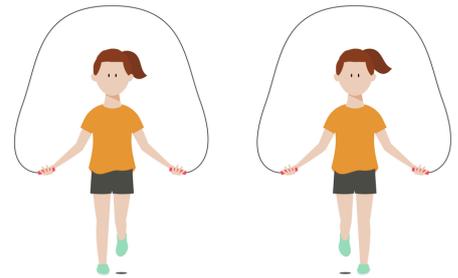
You can make this game competitive by saying that anyone who skips after a 'Red' shout is eliminated.

Follow the Leader

Equipment: Skipping ropes

How to Play:

1. Create groups of around 4 or 5.
2. One member of each group should be nominated as the leader.
3. The leader chooses a skipping move (such as two-foot, one-foot, or criss-cross).
4. Everyone tries to copy the leader.
5. Change the leader after 2 minutes.



Skipping Cool Downs

Equipment: Skipping ropes, calm music (optional)

How to Play:

1. Slow Motion Skips
 - Children stay in their spot and skip very slowly
 - Can they make the rope turn smoothly
 - Land softly and quietly
 - Keep their shoulders relaxed
2. Rope Breathing
 - Children stop jumping and hold the rope handles.
 - Stretch the rope out in front.
 - Breathe in as they slowly lift the rope above their head.
 - Breathe out as they lower it back down.
 - Repeat 5 slow breaths.

Skipping Dice Challenge

Equipment: Skipping ropes, large foam dice (or number cards)

How to Play:

- Pupils stand spaced out with their rope.
- Roll a large dice at the front.
- The number rolled tells everyone what to do:

1. 10 basic jumps
2. 10 alternate foot skips
3. 5 criss-cross
4. 10 jumps on the left foot
5. 10 jumps on the right foot
6. Make up your own move!