

Skipping Games

Single skipping:

Try skipping backwards and forwards and crossing your rope over whilst jumping.

Jump rope races:

How many skips/jumps does it take to go a set distance? Who can get there the fastest?

French skipping:

How high can you go? How many people can jump together?

With a long skipping rope:

2 people spin the rope, whilst someone jumps over the rope in the middle. How many jumps you can do? How many people can jump together?

Helicopter:

One person in the middle holds the rope at one end, everyone else stands in a circle around them. The person in the middle swings the rope around them around ankle level and the others have to jump over it.

Skipping Rhymes

Teddy Bear

Teddy bear, teddy bear, turn around,
Teddy bear, teddy bear, touch the ground.
Teddy bear, teddy bear, show your shoe,
Teddy bear, teddy bear, that will do.
Teddy bear, teddy bear, go upstairs,
Teddy bear, teddy bear, say your prayers.
Teddy bear, teddy bear, say goodnight,
Teddy bear, teddy bear, turn out the lights
(Each part is acted out whilst skipping)

Jump With Me

I like coffee, I like tea,
I like *(person's name)* to jump with me.
(That person joins them in skipping)

One two three, change places, four five
six, change places, seven eight nine etc.
*(The two keep skipping and switching until
they miss – keep track of the score!
Alternatively, different instructions can be
given)*

Cinderella

Cinderella dressed in yella,
Went upstairs to see her fella,
Made a mistake and kissed a snake,
How many doctors did it take?
1, 2, 3, 4, 5...
*(Count jumps out loud until jumper stops
jumping)*

Birthdays

All in together girls
Never mind the weather girls
When I call your birthday
You must jump in.

January, February March, April, May, June,
July, August, September, October,
November, December

*(Join in when your birthday is called, if you
manage this without messing up, you can
jump out on the second round – and
repeat till it goes wrong!)*

More Games:

<https://www.buyjumpropes.net/resources/jump-rope-games/>

[http://www.gameskidsplay.net/jump rope rhymes/](http://www.gameskidsplay.net/jump_rope_rhymes/)

<https://www.youtube.com/user/dantheskippingman>