

# Activities To Do With A Skipping rope

Single skipping, with a small rope try skipping backwards and forwards and try crossing the ropes over whilst jumping.

Jump rope races, how many skips/jumps it takes to get a distance, who can get there the fastest.

Make and spell out letters using the skipping rope, making sure the letters are formed correctly and can see how they can be formed joined together.

With a long skipping rope, 2 people spinning the rope, and someone jumping over the rope in the middle, see how many jumps you can do, or see how many people can jump together.

Tug of war. 2 teams one at each end see who can get the middle past a certain point first, for safety try doing it on a soft ground in case of falling.

Double dutch skipping with 2 long ropes see how many tricks you can do between the ropes.

Learn lots of jump rope rhymes to make skipping more fun, which ever type of skipping your trying.

French skipping, how high can you go?

Helicopter, one person in the middle holding the rope at one end, everyone else stand 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 , when it's their turn as it goes round the circle getting faster and faster.