



Blocks

Number of players

5 plus

Equipment

Long skipping rope

Skills Learnt

Co-operation, co ordination, collaboration, sense of timing

Why do we like it?

I like it because you have to be quite fast

Where does it come from?

UK, St Nicholas of Tolentine School Bristol

How to play: Everyone stands in a line one behind the other facing the middle of the big skipping rope.

Two people turn the rope. Take it in turns to run under the rope. Try to follow on as quickly as you can.

Once everyone has got the hang of that you can try to run in and do one skip and run out again.

Then try two... three... skips...



Skipping – Cowboy Joe

Number of players

3 plus

Equipment

Long skipping rope

Skills Learnt

Speaking and listening, co-operation, co-ordination, collaboration, sense of timing

Why do we like it?

It's the first one I learnt: it helps you to learn to skip

Where does it come from?

UK, Hannah More School Bristol

How to play: One person skips in time to the rhyme. You can do actions too if you like.

Cowboy Joe from Mexico

Hands up stick'em up

Drop your guns and pick'em up

OUT spells out.