

Hasn't everyone done their skipping badge with GB?

These are some traditionally skipping games, just right for this time of year, they encourage team work and patience and also keep you fit.

These games all use a long skipping rope, so you'll need 2 people to turn the rope.

Rock the Cradle

An easy starter game the rope is swung from side to side rather than in loops and the children jump over it.

The Snake / The River

Another easy starter, the rope is just wiggled on the ground like a snake and the children jump over it. Great fun for Explorers

Salt and Mustard

As the rope revolves, the children jump over, all chanting/singing repeatedly "salt, mustard, vinegar, pepper." Each time they say pepper the rope gets faster. If they trip or stop, they are out, and could then hold the rope.

ABC

As the rope revolves the children jump over. As they jump they sing -
"Strawberry, shortcake, treacle tart
Tell me the name of my sweetheart
A B C D E"

The letter you fail to jump the rope on, is meant to be the initial of your sweetheart

Teddy Bear, Teddy Bear

As the rope revolves, children chant the rhyme - doing the actions to each line

"Teddy Bear Teddy Bear touch the ground (touch the ground while skipping)

Teddy Bear Teddy Bear turn around (turn around)

Teddy Bear Teddy Bear climb the stairs (pretend to walk up stairs while skipping)

Teddy Bear Teddy Bear say your prayers (join hands to say prayers while skipping)

Teddy Bear Teddy Bear turn off the lights (reach up to turn off a light while skipping)

Teddy Bear Teddy Bear say good night (wave and say Good Night as you skip out of the rope)

Then the next skipper comes in and the rhyme starts again

