

NORTH YORKSHIRE WEST TREFOIL GUILD

Challenges you to

Support good health, fitness and wellbeing

Know your own abilities and challenge yourself

Improve your skipping techniques and learn new ones

Practice makes perfect so do it with friends and have fun

- Each individual will achieve the badge by completing the level suitable to their own abilities and in their own time.

Each member can complete their own record sheet as and when they have done each task to the best of their ability.

A member of any section who has limited movement, a disability or other restrictions can adapt any part of this challenge to suit their individual capabilities and design their own skipping activity.

Leaders should, where possible, observe the members progress and once their chosen level has finished a badge can be gained.

Please remember to discuss the safety issues with everyone involved when taking part in these skipping activities.

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The cost of the badges will be £1.00 each payable to NYW Trefoil Guild.

Payment for the badges must be made when ordering. Details on the order form.

- Thank you for supporting North Yorkshire West Trefoil Guild in support of Birk Crag

NYW Girlguiding Residential and Training Centre

Skipping and Rope Jumping Techniques

Basic Jump - this is where, both feet are slightly apart and jump over the rope **Alternative Foot Jump** - this consists of using alternate feet off the ground **Criss-Cross** - this is similar to the basic jump but the rope is crossed as you jump **Double Jump** - you need to jump a bit higher and swing the rope twice under the feet **Triple Jump** - you need to jump even higher and swing the rope three times under the feet **Combination Jumps** - combine two or more of the above to make a single trick **Skier** - jump side to side over the rope **Bell** - jump backwards and forwards over the rope **Scissors** - Jump putting one foot forward and the other back and then change **Jumping Jack** - putting the feet apart and then together **Duckie** - land with heels apart, toes and knees pointed in; then on next jump; put heels together with toes and knees pointed out **Swing** - land on one foot and swing the opposite leg out to the side, then switch on next jump **Wiggly Worm** - with a long rope the holders wiggly the rope on the ground to be jumped over **Loch Nessie** - with a long rope the holders shake rope up and down so it looks like the monster. Start low to ground then make higher each jump.

Ideas for Skipping Games

Cat and Mouse You need at least four players for this game: two rope-twirlers, a cat, and a mouse. The mouse must jump over the rope, run around one twirler, jump again, run around the other twirler and repeat (this will make a figure-eight pattern). Meanwhile, the cat is doing the same while chasing the mouse and trying to tag him. Give the mouse a one-jump head start. When the cat tags the mouse, rotate positions and play again.

Water Splash Play this one outside! While two friends turn a jump rope, each player must jump while holding a clear plastic cup of water. She must jump for a predetermined amount of time, the number of jumps, or as long as it takes to recite a rhyme or sing a song (like "Happy birthday," if it's someone's birthday). After everyone has had a turn to jump, the winner is the player with the most water remaining in his or her cup.

Partner Jumping Double the fun by trying to jump with a partner using a single-person rope. Try face-to-face (with one person holding both ends of the rope) or side-by-side (each person holds one end or handle of the rope).

Snake This jump rope game is good for beginners or younger kids who have trouble timing their jumps with a swinging rope. For Snake, the rope stays on the ground. Have one person hold it at each end and wave it gently along the ground like a slithering snake, while other players attempt to jump over it. Take turns being the jumper and the snake-mover.

High Jump Two people hold the rope at each end and the others take turns in jumping over the rope, each time the rope gets lifted higher until the last person can jump it. This can also be done swinging the rope side to side as they jump over it.

Skipping Rhymes To Try

I'm a girl guide, dressed in blue These are the things I
must do Salute to the Captain, Bow to the Queen, Turn
right round and count sixteen 1,2,3,4,.....

Down at the bottom of the deep blue sea
Catching fishes for my tea With a one, two,
three (jump out and next person jump in)

A sailor went to sea, sea, sea To see what he could
see, see, see But all that he could see, see, see Was
the bottom of the deep blue sea, sea, sea (jump out
next person jump in) -----

I like coffee I like tea I'd like To
jump with me (named girl jumps in)

Ten fat sausages sizzling in a pan One went 'pop' and another went 'bang', now there's eight fat sausages sizzling in a
pan Eight fat sausages sizzling in a pan One went 'pop' and another went 'bang', now there's six fat sausages ... etc
until Now there's no fat sausages sizzling in a pan Because the ten fat sausages sizzling in the pan all exploded with a
BANG BANG BANG-----

Teddy bear, teddy bear, turn around, Teddy bear, teddy bear, touch the ground

Teddy bear, teddy bear, two high kicks, Teddy bear, teddy bear, do the splits

Jelly on a plate, Jelly on a plate, Wobble, wobble, wobble, wobble, Jelly on a plate Pickles in a jar, pickles in
a jar, Ooh ! Ah! Ooh! Ah Ah!, pickles in a jar Sausages in a pan, sausages in a pan, turn them over, turn them
over, sausages in a pan. -----

Two little dickie birds sitting on the wall (2 players jump in) One called Peter, one called Paul. Fly away Peter, Fly
away Paul (player exits on name) Don't come back 'til your birthday's called. January, February etc (player returns
when birthday is called) Now fly away, fly away, fly away all (both players exit rope)