



NORTH YORKSHIRE WEST TREFOIL GUILD



Challenges you to

- S**upport good health, fitness and wellbeing
- K**now your own abilities and challenge yourself
- I**mprove your skipping techniques and learn new ones
- P**ractice makes perfect so do it with friends and have fun

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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 £1.50 each payable to NYW Trefoil Guild.

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

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**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 wiggle 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)