



Wednesday, 1st July

French Skipping / skipping games

French skipping is good fun. Ideally you need three players but you can skip with one player and 2 chairs!

You do need some elastic though so you might want to save this idea for another day. You can buy French skipping sets or buy 3 ½ metres of elastic 5mm wide.

Tie the ends of the elastic together so you have one continuous loop. 2 players stand in the loop facing each other about 1 ½ meters apart, standing with their feet slightly apart to create 2 lines of stretched elastic that looks like a train track.

A chair can be used instead of one of these players (or both players!)

Player number 3 carries out a series of moves on the elastic.

- 1. He stands, facing the two lines of elastic and jumps with both feet together onto each line and off the other side.**
- 2. He then straddles the elastic, jumping with one foot into the middle, keeping one on the outside..... and then across to straddle the other line of elastic.**
- 3. He then jumps with both feet into the middle; then with both feet on the outside of the lines, both feet back to the middle, a foot onto each line and then jumps off to one side.**



If at any time he doesn't manage the move, he is out and Player 2 takes over.

If he manages all the moves correctly, the elastic is moved up to knee heightand then hip height.....and then waist height!!

Older children can add more complicated moves!

Start by facing both lines, bring one elastic over the other with one foot. Stand on it with both feet and then let it go as you jump on the nearest line. Then jump over the other elastic to the other side, turn around and repeat from the other side.

Add a straddle jump after this move if you want.

Make up the series of moves you want to do!

