

# POCKET Long Rope SKIPPING Games

volume 1

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including:

**Sausages in the Pan**

**Teddy Bear, Teddy Bear**

**Hey D.J**

**Ready, Spaghetti  
and more!**



Positive Press

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## Introduction

Skipping is a sociable activity that encourages cooperation, trust, turn-taking and following rules. Whilst it promotes team building in an enjoyable way, skipping also has health benefits: improving cardio-respiratory fitness, flexibility and coordination. The complexity of jumping rope whilst performing other actions, requires input from both sides of the brain, thereby stimulating whole brain functioning.

The long rope skipping games in this booklet cater for all levels of skipper, beginning with simply jumping over a swaying rope, to those involving complex movements whilst skipping. Many of the activities in this booklet contain easy to learn verses that drive the skipping with their repetitive rhythms and catchy rhymes that the children will love to chant.

These long rope skipping games will enhance playground experiences for the children involved, creating fun and enjoyment for all.



## Sausages in the Pan

1. Two players grasp either end of the rope and turn it complete circles.

2. The players say the following chant:

*Sausages in the pan* (player jumps in and begins to skip)

*Sausages in the pan*

*Flip it over* (skipper turns to face in the opposite direction)

*Flip it over* (skipper turns to face in the opposite direction)

*Sausages in the pan* (skipper jumps out).

## Don't Miss a Beat

1. Two players grasp either end of the rope and turn it in complete circles.

2. The remaining players stand in a line, one behind the other.

3. The object of the game is to keep the action continuous, so that as soon as one player has jumped out of the rope, the next player jumps in.

4. As soon as a player has taken their turn, they run round to join the end of the line again.

5. All the while the players are skipping they say the following chant:

*Don't miss a beat, keep up the heat*

*One out, one in, don't miss a beat.*

# Two in Together

1. Two players grasp either end of the rope and turn it in complete circles.

2. Two other players jump into the rope and face each other. They say the following chant and perform the actions described with each jump:

*Two in together, say hello, shake hands, bow and high five too*

*Right clap* (clap right hands together)

*Left clap* (clap left hands together)

*Both hands now* (clap both hands on partners)

*Jump out together and say 'Ciao'.*

3. On the last line of the chant the skippers jump out and two more take their place to repeat the action.

