

Number change

EASY MED HARD

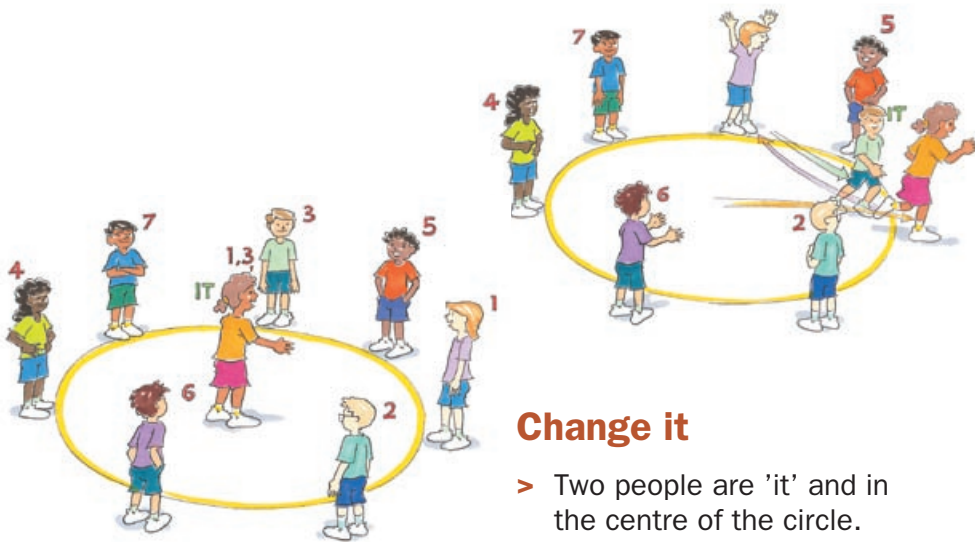


Skip to my lou



EASY MED HARD

B While standing in a circle, players try to change positions before the middle player takes their spot. (Play with 6–10.)



What to do

- > Players are given a number and form a circle in random order.
- > One of the players is 'it' and stands in the centre of the circle and calls out any two numbers. These two players try to swap places before the player who is 'it' takes their place.
- > The player who fails to find a vacant position in the circle becomes 'it'.

Change it

- > Two people are 'it' and in the centre of the circle.
- > Vary the locomotion players use when changing positions (e.g. skipping, hopping, jumping).

Safety

- > Make sure there is no physical contact (e.g. pushing) when players are changing places.

LESSON LINK:

Number change is a fun warm up activity that encourages quick thinking and requires teamwork and cooperative play.

C Players challenge themselves to skip within a time limit.

What you need

- > 1 skipping rope per player

What to do

- > On your signal, players skip for 1 minute, doing a single two-footed jump.
- > Each time, players should be aiming to beat their last score.



Change it

- > Jump on 1 leg instead of 2; jump rope while running; jump in time to music; criss cross the feet while jumping; criss cross the rope in front of the body before jumping over it.



- > **Partner up:** have participants pair up, with 1 player turning the rope while they both jump it.



Safety

- > Make sure players hold the ends of the rope and that they have their elbows bent and close to their body.
- > Have players jump on the balls of the feet, with their feet together and knees slightly bent.

Scoring

- > What is the highest number of skips you can get in 1 minute?

LESSON LINK:

Skip to my lou is an introductory skipping game that also helps players learn the correct jumping and landing technique. It can be followed by a more difficult skipping activity or other springing and landing exercises.