Play and Leisure Activities

Skipping with a rope

Can the child jump without a rope?

If not practice doing little jumps on ball of feet (do not let heels hit floor)

Do 5 – 10 jumps then rest then repeat

Encourage child to bend knees a little on each bounce whilst lifting both feet off floor

Can the child turn the rope?

If not ask to stand still holding the rope in one hand and turn the rope in forward direction making sure the rope hits floor as it turns (start with dominant hand)

Repeat with other hand

Do not jump yet

Can the child turn a rope and jump?

If not hold handle of rope in each hand

Keeping elbows close to the body, put the rope on the ground behind the child's heels

Turn the rope to make a full circle

Continue to turn the rope over the head and down to the floor

Encourage the child to walk over the rope before jumping

Just as the rope touches the ground, ask the child to jump (an adult can help by calling jump or clapping as the rope touches the ground)

Can the child skip to a rhythm?

If not listen to a rhythm or step pattern and clap along

Ask the child to watch and clap along with the action taking place
Model the task

Skip hand in hand with someone who can skip (inside a rope)

Introduce skipping rhymes
Move onto skipping on the spot