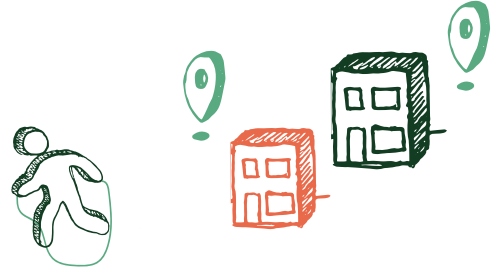


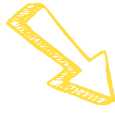


GET SKIPPING

Can you be the best skipper out there?



HOW TO PLAY GET MOVING!



- > Find something to use as a skipping rope (like a dressing gown tie)
- > Start skipping in one place
- > How many skips can you do without stopping?

SUITABLE FOR: Ages 6-14

TAKES: 20-40 minutes



YOU WILL NEED:

- > Skipping rope or something like a skipping rope (dressing gown tie)

For the harder challenge (below) you will need:

- > 21 to 27 plastic bags
- > Strong tape e.g. duct tape
- > Scissors



REMEMBER

You can make this more competitive by setting a timer. Try and skip without stopping for 5 minutes!



Why not try?

- > Doing this activity with another person in the house
- > **For parents and children over 13 years of age:** Filming the activity on your phone and see what other families are doing. You can post on Twitter @JoinUsMovePlay or Facebook #JUMPAthome

SAFETY...

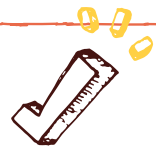
Make sure you have enough room to skip!



CHALLENGE!

Why not make this harder by making your skipping rope out of plastic bags?

- > Cut the handles and seamed ends off the plastic bags
- > Open each of the individual bags up to form a ring
- > Place one bag through the ring of the other bag
- > Pull the top ring over and the other ring under and pull so that they form a knot
- > Make the knot as small as possible
- > Once you have done this tape 3 together at one end
- > Begin to plait the bags adding on more of the knotted rings to make it longer
- > Once you have made it as long as you want tape the other end to make another handle



Then skip!

