PEDAL’S FUN SKIPPING GAMES

I love skipping. It’s a great way to make sure I get my 60 minutes of exercise each day. Here are a few of my favourite games for you to try.

How to skip on your own
If you are skipping on your own it’s a good idea to choose a short rope. Begin with the rope behind your feet, swing the rope over your head, and let it land in front of your feet. Jump over the rope. Try to skip faster and faster without stopping the rope.

How to skip with a group of friends
If you are skipping with friends then choose a long rope. Two people turn the rope while one person skips. The rope needs to be swung high enough to go over the skipper’s head and low enough so the skipper can jump over it.

A is for Apple, B is for Beans
This game can be played with three or more people.
Two people hold the skipping rope, one at each end, and begin turning it. When the skipper starts jumping they sing:

A is for Apple
B is for Beans
C is for Carrot
D is for Date
E is for Elderberry
F is for Fennel
G is for Grapes
H is for Honeydew melon
I is for Iceberg lettuce
K is for Kiwi
J is for Jackfruit
L is for Leek
M is for Mushroom
N is for Nectarine
O is for Olive
P is for Pear
Q is for Quince
R is for Radish
S is for Strawberry
T is for Turnip
U is for Ugli fruit
V is for Victoria Plum
W is for Watermelon
Y is for Yam
X is for Xigua
Z is for Zucchini

If the skipper stops the rope or names the wrong fruit or vegetable, they are out and should swap places with one of the people who are turning the rope.
**Birthday plum**

This game can be played with three people.

Two people hold the skipping rope, one at each end, and begin turning it. When the skipper starts jumping they sing the rhyme:

*Apples, peaches, pears and plums*
*Tell me when your birthday comes.*

The rope is then turned very fast whilst saying the months of the year (January, February, March, etc.). The skipper should end on his or her birthday month.

---

**Mabel, Mabel**

This is a game you can play on your own.

Start skipping while singing the rhyme:

*Mabel, Mabel set the table, Just as fast as you are able. Don’t forget the vinegar, mustard, and red-hot pepper! At PEPPER turn the rope faster and faster until you can’t keep up.*

---

**Blue bells, cockle shells**

This game can be played with three or more people.

Two people hold the skipping rope, one at each end, and begin turning it. When the first skipper jumps in they all sing the rhyme:

*Blue bells, cockle shell. Easy ivy over*
*Oh no, here comes Miss Blackwell*
*Now its time for arithmetic*
*One plus one is? (skipper responds) Two*
*Two plus two is? (skipper responds) Four*
*Four plus four is? (skipper responds) Eight*
*Eight plus eight is? (skipper responds) Sixteen*
*Now its time for spelling*
*Spell fig (skipper responds) F-I-G*
*Spell pea (skipper responds) P-E-A*
*Spell nut (skipper responds) N-U-T*

When the skipper finishes spelling NUT the rope is turned as fast as possible until they make a mistake.