

dynamic duos

Skip in groups using a long
'Double Dutch' skipping rope



how to play



Arrange groups of five to eight players – each group has a long skipping rope. Two people per group start as rope turners, the rest as skippers, then play:

Get in – the skipper stands beside a turner. When the rope turns away, the skipper runs in and starts skipping as it clips the floor. Skip for an agreed number of jumps or agreed time.

Mates – have one person jump in, then two, three and four, until you're skipping. Now try clapping, turning and hopping together!

Remind rope turner to watch their partner to keep in time and remind skippers to keep their heads up, with knees slightly bent on landing.

Safety: ensure waiting players stand clear of the rope and that turners don't turn the rope too quickly.

equipment

Long 'Double Dutch' skipping ropes, lots of space, stopwatch – for timing how long everyone skips.

sporting connection



This activity is great for communication, teamwork and awareness of the space around you. These are all skills needed for sports like synchronised swimming and diving.

did you know?

Diving was introduced to the Olympics in 1904. It has one of the lowest age restrictions, which meant Tom Daley was able to compete in Beijing 2008, aged just 14.