

Go Play Rope Games!

Banana Split



What's Needed

- 5+ players, ages 6 – 8 and 2 experienced Enders
- 1 long skipping rope
- a hard surfaced area

How to Play

- 2 players called Enders turn the rope (at a suitable speed), first in 1 direction and then in the other direction. Everyone else is a Jumper and forms a line in front of the skipping rope.
- The first Jumper runs under the rope as it comes towards her, turns quickly and runs back under the rope when it reverses direction.
- The second Jumper joins the first Jumper and they repeat the run through.
- Continue to add a Jumper, 1 at a time.
- The game ends when the rope is touched or a Jumper misses her turn. When this happens, the Jumper changes places with an Ender.

Ability Adaptation Guidelines

- Decide before playing:
 1. Pace of play.
 2. Pairing.
 3. Safety.
 4. What ends a turn?



Go Play Rope Games!

Cat and Mouse



What's Needed

- 4 players, ages 8 – 12
- 1 long skipping rope
- a hard surfaced area

How to Play

- 2 players called Enders turn the rope (at a suitable speed). 2 players are jumpers: 1 is a Cat and the other is a Mouse. The Cat and the Mouse stand beside 1 of the Enders.
- The Mouse starts the game by running in, jumping once and running out. She then runs around an Ender and gets ready to jump back in.
- As soon as the Mouse runs out, the Cat runs in and must jump once. He then runs out and around the Ender, trying to tag the Mouse. The Mouse jumps back in trying to escape.
- If the Mouse touches the rope or is tagged by the Cat, she changes place with 1 of the Enders. That Ender then becomes the Cat, the Cat becomes the Mouse.



Ability Adaptation Guidelines

- Decide before playing:
 1. Actions – How to catch the mouse?
 2. Pace of play/travel.
 3. Pairing.
 4. Safety.
 5. What ends a turn?

Go Play Rope Games!

Catch Me



What's Needed

- 3 players, ages 9 – 12
- 1 long skipping rope
- a hard surfaced area

How to Play

- 2 players called Enders stand facing the same direction and turn the rope. A third player is the Jumper.
- The Enders must try to keep up with the Jumper as she moves around the playing area jumping the rope.
- There is no winner in this game. It is just fun and challenging.

Variations

- The Jumper may change the way she moves (hops on 1 or 2 feet, skips or jumps backwards). The Enders must copy her actions.



Go Play Rope Games!

Eevey, Ivey



What's Needed

- 3+ players, ages 6 – 12
- 1 long skipping rope
- a hard surfaced area

How to Play

- 2 players called Enders turn the rope. The third player is the Jumper.
- Enders slowly swing the rope back and forth chanting, while the Jumper jumps over the rope.
- Everyone says the rhyme:

*Blue bells, cockle shells, Eevey, Ivey, over.
My mother sent me to the store.
And this is what she sent me for:
Salt, vinegar, mustard, pepper.*

- When the word "over" is said the Enders turn the rope in a full turn and the Jumper continues jumping.
- The Enders then start to turn the rope a little faster on each word: salt, vinegar, mustard. When they say "pepper" they turn the rope as fast as they can.
- The Jumper counts the number of "pepper jumps" . When the Jumper misses, she changes places with 1 of the Enders.



Go Play Rope Games!

Follow Me



What's Needed

- 8+ players, ages 9 – 12
- 1 long skipping rope
- a hard surfaced area

How to Play

- 2 players called Enders turn the rope (at a suitable speed).
- Everyone else is a Jumper. Jumpers form a line beside 1 of the Enders.
- The first Jumper is the Leader. He jumps the rope once, runs out and around the other Ender, ready to come in again. This starts the figure-8 pattern.



- Each Jumper must copy the Leader and tries to run in without missing a turn of the rope. This will vary with the ability of the players.
- The Leader then runs in and may choose to do an action (touching the ground, jumping on 1 foot or stride jumping).
- Then each Jumper must run in and copy the action done by the Leader.
- This continues until a Jumper misses her turn or touches the rope. She then stands to 1 side while the others continue.
- The jumping will get faster as there are fewer Jumpers.
- The game is over when there are 3 Jumpers left.



Ability Adaptation Guidelines

- Decide before playing:
 1. Actions – what can be done safely?
 2. Pace of play.
 3. Pairing.
 4. What ends a turn?

Go Play Rope Games!

Helicopter



What's Needed

- 2+ players, ages 6 – 7
- 1 long skipping rope
- a hard surfaced area

How to Play

- All players except 1 are Jumpers.
- 1 player, called the Helicopter Pilot, stands in the middle of the Jumpers and holds 1 end of the rope.
- The Pilot slowly turns around spinning the rope along the ground (at a suitable speed). All Jumpers jump over the rope as it comes by.
- Change the Pilot often to minimize dizziness.



Ability Adaptation Guidelines

- Decide before playing:
 1. Pairing.

Go Play Rope Games!

Snake



What's Needed

- 3+ players, ages 6 – 7
- 1 long skipping rope
- a hard surfaced area

How to Play

- 2 players called Enders hold the rope ends. Everyone else is a Jumper. The Enders wiggle the rope back and forth (at a suitable speed) so it looks like a snake.
- Jumpers take turns trying to jump over the snake without touching it.
- If a Jumper touches the snake, he changes places with 1 of the Enders.



Ability Adaptation Guidelines

- Decide before playing:
 1. Actions – what can be done safely?
 2. Pairing.
 3. What ends a turn?

Go Play Rope Games!

Stack'em Up



What's Needed

- 8+ players, ages 6 – 12
- 1 long skipping rope
- a hard surfaced area

How to Play

- 2 players called Enders turn the rope. Everyone else is a Jumper. Jumpers form a line beside 1 of the Enders.
- As the Enders slowly turn the rope, the first Jumper jumps in and calls out, "Number 1!" The Jumpers continue to jump in, 1 after another, calling out their number.
- The goal is to have as many players as possible jumping at the same time before a player misses a jump or touches the rope.
- Everyone is a winner.



Ability Adaptation Guidelines

- Decide before playing:
 1. Pairing.
 2. Safety – number of players to jump safely together.
 3. What ends a turn?

Go Play Rope Games!

Weave



What's Needed

- 8+ players, ages 9 – 12
- 1 long skipping rope
- a hard surfaced area

How to Play

- 2 players called Enders turn the rope (at a suitable speed).
- Everyone else is a Jumper. Divide the Jumpers into 2 groups. Each group lines up on the same side of the rope beside an Ender.
- As the rope turns, the Jumpers from each end alternate taking turns running in, jumping, running out and joining the back of the other line.
- Jumpers continue this criss-cross pattern until a Jumper misses his turn or hits the rope. If this happens, that Jumper is out of the game.
- The last 3 Jumpers are winners.



Ability Adaptation Guidelines

- Decide before playing:
 1. Actions – what can be done safely?
 2. Pace of play (number of turns between Jumpers).
 3. Pairing.
 4. What ends a turn?

Go Play Rope Games!

Yogi

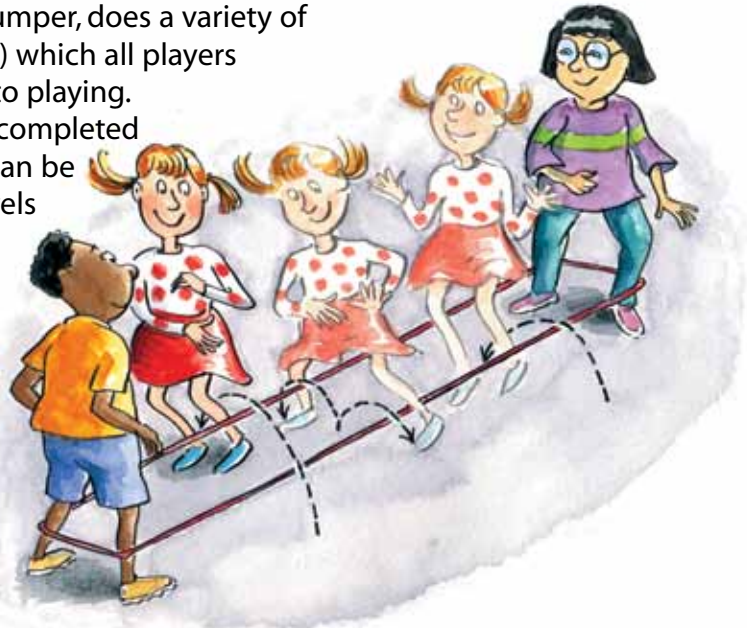


What's Needed

- 3 players, ages 6 – 12
- 1 yogi rope
- a hard surfaced area

How to Play

- 2 players stand 1.5 m (4 feet) away from each other with legs shoulder width apart. The Yogi rope is held at the ankles of the 2 players to form a rectangle.
- The third player, the Jumper, does a variety of actions (see Variations) which all players have agreed on prior to playing.
- Once the Jumper has completed the routine, the rope can be moved to different levels on the body (calf, knees, thighs, hips, waist).
- The Jumper repeats the routine until they miss the intended jump. Then the Jumper changes places with 1 of the other players holding the rope.



Variations

- Players make their own routines by combining different moves to different rhymes.
- The player recites the chant, jumps in and places their feet when they land according to the routine. When they say the second line they can create new actions, do them in reverse or make up new ones.

Example:

*Super, Cali, Fragi, Listic, Expi, Ali, Do, Cious
Even though you like the word it really sounds pre co cious!*

Super	into centre of the rope with feet together
Cali	feet straddle both ropes
Fragi	both feet on 1 side of the rope
Listic	with 1 foot on each rope
Expi	feet straddling left rope
Ali	feet straddling right rope
Do	jump, turn so both feet land together on right rope
Cious	jump, turn and land so both feet land on left rope

