

Ann's Creative Corner

Project #556: Skipping!

- Provide Skipping ropes of various lengths.
- For the younger children, simply have them start by jumping over the rope that is laying Flat on the ground.
- Practice jumping before you start skipping. This will give you an idea of the jumping level.
- If the children cannot jump over this on one or two feet, an adult or older child can assist by holding one or both of the younger child or Toddlers hand/s.
- After the children have mastered jumping on a flat rope, raise the rope a little.
- Also you may like to try to wiggle the rope on the flat ground in a snake fashion being sure to wiggle it at the child's ability level.
- When children have mastered the general jumping you may try the overhead rope turning to see if they can jump one time over the rope and increase the amount of overhead turns as they improve. Sometimes one jump is enough!

Activities: Tie the rope to a post and have one person turn the rope while children are jumping over it. Do the Limbo with some music while raising and lowering the rope. "Chubby Checker" Limbo Rock.

