

# Fit Kids Healthy Kids – My Clipboard

## Lesson 1 Skipping

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### Game Description:

A childhood favorite!

### Objective:

Try to jump over the rope as many times as possible!

### Game Rules:

If you are individual skipping, you turn the rope for yourself and test out how many times you can jump rope! If you are group skipping, assign 2 children to be turners and a few children as jumpers. The two children turning must turn the rope at the same time, while the jumpers must track where the rope is to jump over.

### AGE:

4 to 6 years  
7 to 9 years  
10 to 12 years  
13 to 15 years  
16 to 17 years

### TYPE OF ACTIVITY:

Co-operative / Team  
Building / Ice Breaker  
Multi-skill game  
Warm up/Cool down

### SPACE NEEDED:

Large Space (Gym,  
Multipurpose Room,  
Playroom)  
Medium Space (Classroom,  
Empty Room)  
Small Space (Hall,  
Furnished Room)  
Field / Park

### HOW MANY LEADERS ARE NEEDED:

Only 1  
2 Leaders  
3 - 4 Leaders  
Event staff

### HOW BIG OF A GROUP IS NEEDED:

One person  
Pair  
Small group (3-5 kids)  
Medium group (6 - 15 kids)

### TYPES OF SKILLS PRACTICED:

Agility  
Balance  
Coordination  
Hop  
Jump  
Track