

Let's Skip!



The activities in this Programme link to the Squirrel Smile Awards.

An introductory activity can be used as the Squirrels arrive at the meeting place – colouring or simple puzzles can keep children occupied until all the Drey arrives or use a 'joining-in' style game, such as 'The farmer wants a wife' or 'Duck, duck, goose' or a circle format ball game. Add snack time where necessary!

TIME (mins)	ACTIVITY	EQUIPMENT
5	Welcome, Register, Opening Ceremony, Introduction to Programme	
10	<p>ACTIVITY: Jump, Hop and Skip Encourage the Squirrels to practice jumping, then hopping and finally skipping! Form a big circle around the edge of the meeting place, everyone starts jumping on the spot, then progresses to hopping from one foot to the other. Once the Squirrels have mastered this they can begin to hop round the room first on one foot, then the other. As the Squirrels hop around chose one or two children to come into the centre of the room and try a few skips with small skipping ropes!</p>	Small skipping ropes
10	<p>GAME: Wiggly Worm</p> <ul style="list-style-type: none"> ○ <i>Two adults hold the ends of a long jump rope, older Squirrels may be able to help do this</i> ○ <i>The adults or children holding the rope stoop down and shake the ends of the rope gently to create a wiggling worm-like effect</i> ○ <i>The rest of the Squirrels form a line, one behind the other to one side of the rope</i> ○ <i>Squirrels then take turns jumping over the wiggling rope without stepping on it!</i> ○ <i>If the Drey is big, split into two smaller groups so children don't have to wait too long between turns</i> 	Long jump rope(s)
10	<p>GAME: Little High, Little Low</p> <ul style="list-style-type: none"> ○ <i>Two adults or two children take the ends of a long jump rope, holding it so the middle lies on the ground</i> ○ <i>The Squirrels form a line and take turns jumping over the rope</i> ○ <i>After the last child has had a turn, the rope is raised a little bit higher and the Squirrels jump over it again</i> ○ <i>Continue raising the rope a little after each round</i> ○ <i>Encourage them to think of ways to get over the rope without touching it – jumping or hopping or stepping slowly!</i> ○ <i>When the rope gets too high for the children to jump over safely, they should bend underneath it, limbo-style or crawl!</i> ○ <i>Once again, if the Drey is big, split into two smaller groups so children don't have to wait too long between turns</i> 	Long jump rope(s)



10	<p>ACTIVITY: Rope Rhymes</p> <p>This is an opportunity for the Squirrels to learn some old fashioned skipping rhymes! Why not learn a version of the old favourite ‘Teddy Bear, Teddy Bear’</p> <p><i>Teddy Bear, Teddy Bear jump around</i> <i>Teddy Bear, Teddy Bear touch the ground!</i> <i>Teddy Bear, Teddy Bear climb the stair</i> <i>Teddy Bear, teddy Bear wave in the air!</i></p> <p>Or have a go at learning this rather unusual one about Mrs Blake and her doggy!</p> <p><i>Old Mrs Blake baked a cake</i> <i>The cake was soggy so she fed it to her doggy</i> <i>The doggy ate the cake, then he got a tummy ache</i> <i>How many days was he sick?</i> <i>One, two, three, four, five, six... ..!!</i></p> <p>In the original skipping rhyme children would have jumped over the turning rope, counting to see how many days the doggy was sick before they tripped up! The Squirrels might like to jump on the spot very fast and count at the same time!!</p> <p>Leaders may like to add some favourite skipping rhymes from their own childhood!! For example, <i>Mickey Mouse built a house, how many bricks did he use?</i> Or <i>I like coffee, I like tea, I like (name) to skip with me!!</i></p>	Words of rhymes
10	<p>GAME: Skipping Relay</p> <ul style="list-style-type: none"> ○ <i>Divide the Drey into small teams, team members stand one behind the other at one end of the hall</i> ○ <i>Position adults at the other end of the hall with a small skipping rope for each team</i> ○ <i>In turn, the Squirrels run down to the skipping rope and do one or two skips with the skipping rope then run back to their team, the next child takes their turn and so on...</i> ○ <i>Some children will be good at skipping while others will struggle – it is important to make this activity fun with lots of praise and encouragement!</i> 	Small skipping rope for each team
5	Closing, Home	

