

Ideas for Play Resource - Breaktimes

SKIPPING GAMES

What you do

To play jump rope:

- Two players stand opposite of each other holding one side of the rope.
- One player stands in the middle on either side of the rope.
- The two players swing the rope over the middle players head.
- When the rope gets to the middle player's feet he/she jumps over it. Now keep the rope turning, jumping each time the rope hits the ground.



As the players are jumping the rope, add some chants. See how many others you know.

What you need

Rope

2-3 players (if you don't have a 3rd player tie the rope to sturdy pieces of furniture)

GAMES TO PLAY

Spelling Hipp-o-pot-a-mus

You've got the hip (put hand on hip)

The "O" (put arms up in the air in the shape of an O)

The "Pot" (put arms in front of you -- still in the O shape -- imagine you're hugging a big pot in front of you)

The "Toe" (lift one of your legs up and touch your toe with your hand)

And the "Miss"! (stop the skipping rope by jumping over it, one leg on each side, when it's on the ground)

(the player should do each of the commands while skipping (the "splits" is more like making a V with your legs unless you're really talented)

Times Tables

1 and 1 are 2

2 and 2 are 4

4 and 4 are 8 (see if you can keep the skips going to do different times tables)



Alphabet Soup

ABCs and vegetable goop

What will I find in the alphabet soup?

A-B-C-D-E-F-G- - - - (keep jumping until a mistake is made. See who can go the furthest along the alphabet. To make it harder to those who find skipping easier, turn the rope a bit faster.

MORE GAMES TO PLAY

Wiggly Worm

What you do

The rope is held at each end and wiggled to and fro making a 'wiggling snake' motion. The height and width of the moving snake can be altered depending on the skills of the players.

At the Sea Side

What you do

The rope is held at each end and waves are made in the rope by moving the arms up and down. The players attempt to jump over the rope at the lowest part of the wave.

In and out

What you do

Turn the rope in a consistent rhythmical manner. The players run through the rope without letting the rope touch them. To help cue when to run, listen to the sound the rope makes when it touches the ground.

FRENCH SKIPPING

What you do

Two players are the "enders" and stand inside the loop of elastic. They stretch the elastic into a rectangle shape by standing with their feet slightly apart. To start with the elastic should be at ankle height.

The 'jumper' then has to perform different hops and jumps, jumps in and around and on the elastic.



These jumps can be done whilst chanting skipping rhymes or songs.

If the 'jumper' is successful in completing the rhyme (and the jumps) the height of the elastic is raised to the knees, then the thighs, then the waist!



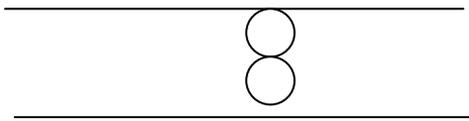
What you need

A hard, flat ground surface

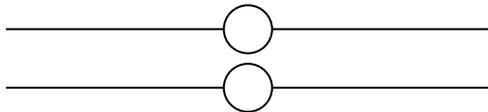
A rope made from a piece of elastic or stretchy rope tied together to form a loop about 3 metres long

There are some words to describe the 'jumps'.

"IN" Jump with both feet together inside the elastic.

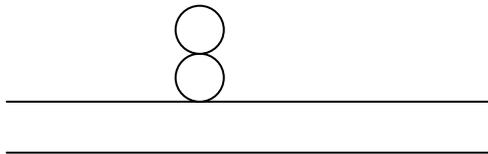


"ON" Jump with both feet on top of the elastic. The left foot lands on the left elastic; the right foot lands on the right elastic.



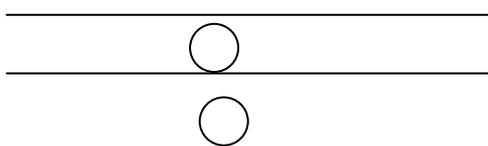
"OUT" (or outside)

Jump with both feet together from the middle to the outside of the elastic. Feet land together on one side.



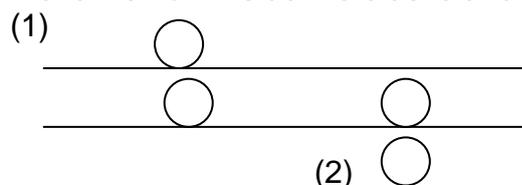
"STRADDLE OUT"

Jump and straddle! The left foot lands outside the left side of the elastic. The right foot lands outside the right side of the elastic.



"SIDE JUMP"

Start with the left foot outside the elastic and the right one inside. Now jump so that the left is now inside the elastic and the right it outside.



Jumpers call the steps out loud while jumping. Calling helps the 'jumper' to remember the 'sequence' of the jumps!



GAMES TO PLAY - Chants

England, Ireland, Scotland, Wales

What you do

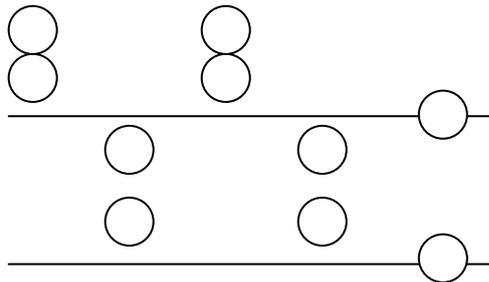
Start position – stand with both feet outside the elastic

England – jump inside

Ireland – jump out

Scotland – jump in again

Wales – jump with both feet on the elastic



Chocolate Cake

What you do

Start position - left foot inside the elastic loop and right foot just outside.

Here is one of the rhymes we say:

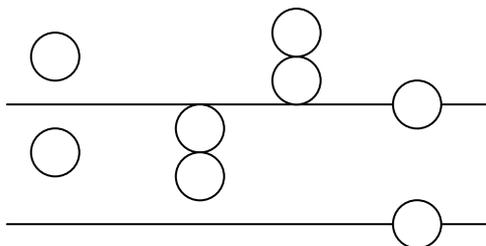
'Chocolate cake, when you bake,
 How many minutes will you take?
 One, two, three, four.'

On **ONE**: jump up and land with left foot outside the elastic and your right foot inside.

On **TWO**: jump up and land with both feet together inside the elastic.

On **THREE**: jump up and land with both feet outside the elastic.

On **Four**: jump up and land with both feet on the elastic.



BOULE

What you do



You can play with two teams of one, two or three players on each side. With teams of one or two, each player has three boules; with teams of three each player has two boules. Mark a place where each player will stand to throw their boules and then choose a player to throw the 'cochonnet' (or jack) from the spot in any direction.

The first player then throws their boule, trying to get as close to possible to the jack. Players must stay close to the mark when throwing their boule. A player from the other team then has a go, trying to get their boule closer to the jack than the previous player, or knocking the opponent's ball out of the way. The boule closest to the jack is the 'holding point'. The team not holding takes their turn until they place a ball closer to the jack. When a team has no more balls left the other team takes over.

The game is over when both teams have no more boules left. The winning team is the one which has most balls closest to the jack.

What you need

Somewhere relatively flat
Boule set

WHIZZERS/SPEED BALLS

What you do

Hold the handles of the 'whizzer', one in each hand. Stand apart so that the string is taut. To make the whizzer zip along to the other side, one player opens out his/her arms wide (as soon as it has gone this player puts their hands together), whilst the other keeps their hands together. As the 'whizzer' reaches the hands of the other player, he/she opens their arms wide and sends it back. Players keep the 'Whizzer' going to and fro.



What you need

2 players

Whizzer or speed ball. These are available commercially in high street stores usually during the summer in outlets such as ELC, Tesco's and Poundland. (Davies Sports called 'Spordas Ultrafoam Rocket www.daviesports.co.uk)

GAMES TO PLAY

Try playing in different positions such as in high kneeling (kneeling up tall), half kneeling (one knee on the floor and the other knee up so that the foot is flat on the floor – change legs), lying flat on tummies, lying on backs.



SCATCH

What you do

Place Scatch mitts on one hand and throw the ball to and fro and catch with the Scatch mitt

What you need

As many players as you like
Scatch mitts and ball



Games to Play

- Play in different positions such as in high kneeling (kneeling up tall), half kneeling (one knee on the floor and the other knee up so that the foot is flat on the floor – change legs).
- Introduce more than one ball and pass the balls quickly to different player

JUGGLING SCARVES/BALLS

What you do

Throw scarves/balls into the air and catch. The more scarves/balls used the more co-ordination you need.

What you need

Juggling scarves (or any pieces of lightweight fabric) or juggling balls



GAMES TO PLAY

Throw and catch. Throw one scarf into the air and catch it with both hands. Now try catching it with the right hand then the left hand.

Using two scarves, one in each hand, throw them both up into the air at the same time. Catch both (one after the other) with both hands.

Using two scarves, one in each hand, throw them both up into the air at the same time. Now try and catch them, but one with the right hand and one with the left hand.

Catch and turn. Throw a scarf into the air, as you let go, turn on the spot and catch the scarf before it reaches the ground. If that was easy try with two scarves, then three and so on.

Pairs. Play in pairs and stand a short distance from one another. You will both need a scarf each. On the word 'go' throw a scarf to one another. Increase the difficulty by turning on the spot as you let go of the scarf to catch your opponents before it falls to the floor.



Scarf throwing competition. See who can throw one the furthest.

Juggle and jump. Line up behind a start position. On the command 'go', throw the scarf and far as you can. Now jump with two feet together to the scarf. Pick it up and throw again. Repeat to the finishing line.

Warm up. Use the scarves as a warm up exercise! Ask the players to start by throwing one scarf up in the air as high as they can and catching it. Tell them that they can throw it twice as high if they jump and release it. Now ask the players to pass or throw the scarf through their legs, and then behind their back and in front of their stomach. Add in other combinations like, under one leg and then the other.

Cross over. Hold a scarf in each hand. Throw the left hand scarf diagonally up, then the right hand scarf diagonally up. Catch the first scarf thrown with the right hand and the last scarf throw with the left hand.

It's mine! If playing in a group, all players have two scarves each, one in each hand. Stand in a circle and on the word 'go', all the players throw the scarves into the air. Now see who can catch the most.

Scarf Tag. This is a great warm up activity. Each player tucks the top of a scarf into their trousers, and they then chase each other round the room trying to grab each other's scarves while protecting their own. Endless variations and rules can be added depending on age and size of group.

Scarf blow. Have a go at blowing the scarf. Throw scarf up in the air (trying to keep the scarf as flat as possible rather than scrunched up), then as it comes down, blow it back up into the air.

Head Catch. Throw the scarf up in the air (keeping it flat), take a little step forward and catch the scarf on your head.

Keep it up! You have heard of 'keepy uppy' with a ball. Try this with the scarf. Use the elbow, feet, knees, back of hand, shoulder, head etc to stop it falling to the ground. See who can do this the longest.

Scarf with a ball. Wrap the ball in the scarf. Throw them up in the air. If the ball separates from the scarf, then you can catch the ball and then do a head catch with the scarf. If the ball stays with the scarf, then you can catch and try again. You can also throw a scarf in the air, and then hit it with a ball from underneath, to give the scarf some extra height!

Scarf and Rings. Tie a scarf securely on to each ring, and you now have a makeshift poi! Alternatively, you have a choice of catching the ring or scarf when you juggle!

Ball and Ring. Find a partner. One person holds a ring like a basketball hoop, and the other person lobs the ball gently and tries to score a basket. They can then swap over.

