Modifications for skipping

Everyone should be able to participate in a skipping event, even younger students or students with special needs. Here are some suggestions for modifying an event:

Modifications Using a Skipping Rope

* Jump in place while holding a rope without turning it.
* Jump over a skipping rope stretched out on the floor or gently swinging only a few inches above the floor.
* Swing the rope from side-to-side without jumping.
* Stand next to a jumper, but outside the arc of the rope, and jump in the same rhythm.
* Swing a rope overhead and let it stop at your toes before jumping or stepping over it.
* Form letters shapes and numbers using the skipping rope. (Example: Solve an addition problem (2+2=4) and then design a “4” on the ground using a rope.)
* ‘Limbo’-Two children hold the skipping rope horizontally while the other students pass under it. Lower the rope slightly for each pass.
* ‘Hopscotch’-Toss beanbags or other objects into an area or shape outlines by a rope, then hop or jump into the shape to retrieve the object.
* Follow a rope path laid out on the floor. Modifications Without a Skipping Rope
* Jump in place without a rope. Consider taping an “X” on the floor to increase coordination and control: jump without moving off the X; jump on and off the X.
* Jump in and out of Hula Hoops placed on the floor: jump in and out forward/backward; jump in, turn around, jump out. (Hula hoop can be taped to the floor if needed.)
* Jumping Jacks - Starting in a standing position, jump to a position with legs spread and hands touching overhead. Jump back into the original position.
* Bunny Hops-Take small jumps around an area or follow a specific path. Ideas for Wheelchair Users
* Pull self along the length of a rope that is secured horizontally. The level of the rope can vary from waist height to overhead.
* Manoeuvre wheelchair in and out of cones set in a line or large circle.
* Roll wheelchair over the rope then back over it.

Additional Tips

* To increase awareness of the rope, attach bells to the center of the rope.
* Have a partner clap or call “jump” to help signal when to jump.
* Encourage students who don’t want to participate in activities to volunteer their time in other ways. They might change the music CDs or serve as timekeepers.