



EduTrend Contents

G4C · INDIVIDUAL SPORTS GAMES · PRIMARY

Rope Rhymes

A skipping game that builds rhythm, timing and stamina by skipping in time with a counting rhyme

Ages 5–8

Level: Foundation

30 minutes

Individuals · up to 30

Activity 01

Inside: activity at a glance · step-by-step session plan · facilitator notes · 3 pupil worksheets · assessment checklist

ACTIVITY 01 · AT A GLANCE

Rope Rhymes

Each child has a skipping rope sized so the handles reach the armpits when standing on the middle. The adult chants a short counting rhyme and children skip in time, trying to reach the end without stopping. Each child counts how many rhymes they finish in three minutes and records it on a personal target card. Children compete with the rhyme, not with each other.

Learning outcomes

By the end of the session pupils can:

- skip in time with a rhythm;
- keep going for longer;
- count and record their own score;
- set a personal next target.

KEY WORDS

skip · rhythm · rhyme · count · target · stamina

CURRICULUM LINKS

PE: rhythm and coordination.
Music: beat. Maths: counting and recording.

1**WARM UP**

Get moving safely

2**EXPLAIN**

One rule at a time

3**PLAY**

Short rounds

4**ADAPT**

Easier or harder

5**TALK**

What helped?

6**COOL DOWN**

Calm and review

Materials (per child)

- One skipping rope per child, correctly sized
- Personal target cards
- Stopwatch
- Worksheets 1, 2 and 3

Before the session

- Size ropes to each child.
- Choose two short counting rhymes.
- Print target cards.
- Space children well apart.

SAFETY

Give each child a clear space. Check ropes are sized correctly and shoes are fastened.

ACTIVITY 01 · SESSION PLAN

Step by step

Children compete with a rhythm, not with each other. Keep scores private on target cards.

Time	What happens	Say or ask
0–5 min Warm up	March, jog and practise jumps without rope.	<i>“Can you jump softly?”</i>
5–10 min Explain	Show the rhyme and rope sizing.	<i>“When do you jump?”</i>
10–25 min Play	Three-minute rounds with rest breaks.	<i>“How many rhymes did you finish?”</i>
25–30 min Cool down	Stretch and set a target.	<i>“What is your next target?”</i>

CHALLENGE CARD (print or copy onto the board)

Finish more rhymes than your own last score by keeping the rope turning in time.

ACTIVITY 01 · FACILITATOR NOTES

The game know-how in brief

Skipping in time with a rhyme links movement to a steady beat, which helps coordination and makes it easier to keep going.

Personal targets focus attention on effort and improvement, so children of very different abilities can play side by side.

Common ideas to listen for

- “Jump high to skip well.” Small, soft jumps are better.
- “I must beat my friend.” Beat your own score.
- “Stopping means I failed.” Restart and keep counting.

Adapting the activity

Support

Lay the rope on the ground and jump side to side in time.

Stretch

Change the skip on each line: hop, cross arms or turn backwards.

WORKSHEET 1

My rhyme counts

Name: _____

Class: _____ Date: _____

Record each round.

My rhyme counts

Round	Rhymes finished	How it felt
1		
2		
3		

WORKSHEET 2

My target card

Tick when reached.

My target card

Target	Reached?	Date
5 skips in a row		
10 skips in a row		
1 full rhyme		
2 full rhymes		
My own target		

WORKSHEET 3

My next target

Draw or write.

Next time I will try to...

FOR THE TEACHER

Assessment checklist

Use during the session. One sheet covers up to eight pupils; copy as needed.

Pupil	Skips in time	Keeps going	Sets a personal target

Suggested codes: W = working towards · E = expected · G = greater depth

ABOUT THIS ACTIVITY

Rope Rhymes is a sample activity from the EduTrend Contents G4C Individual Sports Games programme (primary, level: foundation). Every activity in the programme follows the same format: a practical challenge, a clear session plan, facilitator notes and ready-to-print worksheets, so that teachers, club leaders and parents can run it without extra preparation.

Full 15-, 20- and 32-week programmes are available from EduStore at edutrend.org.

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