

# **Long Rope & Double Dutch Rhyme**

Back to Back

Face to Face

Shake your Partner's Hand

And Change your Place



# Long Rope Rhyme

I'm a little bumper car,  
number 48

I whizz round the  
coooooooooorner

(runs out the rope, round the  
turner, then jumps back in)

And slam down the breaks  
(try to jump on the rope)



# French Skipping Rhyme

Banana

Banana

Banana

Split

*(side, side, in, straddle)*

Repeat as the elastic goes higher.



# **French Skipping Rhyme**

England, Ireland,

Scotland, Wales

Inside, outside

On the rails.

*(side, side, side, side, in, out, on)*  
Repeat as the elastic goes higher.



# Double Dutch

## Turning the Ropes

- The skills of the rope turners are the most important part of Double Dutch.
- Try to make use of playground markings or use a flat spot to mark the centre of the rope.
- Bend the elbows and keep wrists fairly stiff while turning the ropes inwards in opposite directions, left, then right or vice versa. This must be rhythmically in small circles. Do not cross your arms over the opposite side of your body!
- Get the ropes to turn slower than you'd expect and stand about 3m apart making sure plenty of rope hits the ground on each turn.
- Keep turning the ropes at exactly the same time as the turner opposite. If they seem a little caught, keep turning, they will turn freely.
- Practice Practice Practice!

## Getting In

- The person jumping in stands beside the shoulder of a turner, watching the "signal rope" nearest to them. (Our ropes are two different colours). The signal rope should be held in the hand that is nearest the jumper.
- The turner then shouts 'Ready, Set, Go'; (step, jump jump jump...) each time the ropes hit the ground. The jumper will step forward on your cue; this is when the far rope hits the ground, and then jump over the nearest rope first.
- The jumper must step and then jump forward to the middle (marked with a spot or use playground markings) and continue with a quick, single bounce in time with the ropes.
- Try to jump with two feet landing together, SINGLE BOUNCE. This is often the difficult part. Practicing single bounce outside the rope will help.
- Remember, the signal rope (the rope nearest the jumper) is the most important. It's the side the jumper stands on, the first rope you count as it hits the floor, and the first rope the jumper jumps over.
- Count your jumps or try some footwork skills!

