

Thumbs Up! Game

Skipping

outdoor game - station 1

(with an adult and a long rope)

One student starts in the rope and all students sing the rhyme until the students skipping stops the rope.

If they are not able to skip at this stage then wiggle the rope on the ground and students run and jump over the rope one at a time and sing one word of the song each time someone jumps.

If they make it all the way through the song, without touching the rope, wiggle the rope faster next time.

Eat fruit and vegies
every day



Then I'm well
to run and play



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