

French Skipping

Players: 3+

What you need:

- French skipping rope

England, Ireland, Scotland Wales



England, Ireland, Scotland, Wales,

Inside,

Outside,

Inside,

On.

England is said – jump with one foot in, one foot out

Ireland – jump so opposite feet are in and out

Scotland – jump so original feet are in and out

Wales – jump back to opposite feet in and out

On – jump and land on the elastic

Variation:

England, Ireland, Scotland, Wales,

Inside,

Outside,

Twist,

And away.

All same.

Twist – when feet are outside, jump and turn to face the side, feet in the same place (the elastic should still run between the feet, but horizontally)

And away – with the foot that is behind the elastic, kick the foot up behind you and jump away from the elastic