

Skipping

Equipment

Skipping rope – short and/or long.

How to play

Short skipping rope

1. Basic skill: Double Bounce

Jump the rope once, followed by a small rebound bounce. Continue this pattern.

Tips The rope moves slowly. Rebound when rope is in the air.

2. Basic skill: Criss Cross

Basic jump. Cross arms until elbows touch and jump. Open rope and perform basic jump. Open hands and jump over rope. Cue: 'Jump, cross, open.'

Tips Hold hands in extended position. Cross arms at elbows.

3. Basic skill: Scissors

Jump to stride position with left foot forward. Jump and reverse position of feet. Cue: 'Left, right, left, right.'

Tips Feet should be 30cms apart.

4. Intermediate skill: Double Under

With each jump the rope passes under the feet twice. Whip rope with wrists to increase speed. Perform three basic jumps and one double under, then repeat. Cue: 'One, two, three, double.'

Tips Jump slightly higher than normal. Ensure landing is safe. Don't straighten or lock your knees when jumping.



Long skipping rope

Try the following skills and chants with two friends turning your long rope.

1. Basic skill: Long rope

Stand next to the rope turner on the side where the rope swings downwards. Enter just after the rope hits the ground. Run into the centre of the rope and perform the basic jump. Cue: 'One, two, ready, in'.

Tips Turner says 'in' as the rope hits the ground. Try multiple people in the long rope.

2. Skipping chants

Everyone sings the chant together. The child or children jumping the rope while they sing this rhyme act out the actions as the words come up in the rhyme. Example: when they say go upstairs in the 'Teddy Bear' chant, the child pretends to climb the stairs.

Chants

Teddy Bear

*Teddy Bear, Teddy Bear, turn around,
Teddy Bear, Teddy Bear, touch the ground,
Teddy Bear, Teddy Bear, tie your shoe,
Teddy Bear, Teddy Bear, read the news,
Teddy Bear, Teddy Bear, climb upstairs,
Teddy Bear, Teddy Bear, say your prayers,
Teddy Bear, Teddy Bear, turn out the light,
Teddy Bear, Teddy Bear, say goodnight!*

Dickie Birds (four players—one at each end of the rope, two jumping)

*Two little dickie birds sittin' on the wall, (the two players jump in)
One named Peter, one named Paul, (each player waves at their name)
Fly away, Peter, fly away, Paul, (the player exits the rope as name is called)
Don't come back 'till your birthday's called—January, February...
December, (the player returns when their month is called)
Now fly away, fly away, fly away all. (both players exit the rope)*

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Whiteman Park presents Good Old Fashioned Picnic Games

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Skipping Elastics
Hopscotch Marbles
Knucklebones



CLASSIC GAME INSTRUCTIONS

Elastics








Equipment








A piece of elastic, approximately 2 metres long.
Three or more people, however you can play solo by stretching the elastic around two chairs.

How to play

1. Knot the ends of the elastic together then stretch it between two friends (two chairs will also work). Start with the elastics around their ankles.

2. Make up a routine, then jump in and out of the elastics and from side to side.
3. After you've completed your routine at the lowest height move the elastics up and keep going until you can't jump any higher! Try these different levels: ankles, knees, waists, underarms
4. Elastics is even more fun if you have a song or rhyme to jump to, so make up your own! Here are some to get you started:

 |  |  |  |  |  | 
'England', 'Ireland', 'Scotland', 'Wales', 'Inside', 'Outside', 'Monkey's Tails!'

 |  |  |  |  |  | 
'Jingle', 'Jangle', 'Centre', 'Spangle', 'Jingle', 'Jangle', 'Out!'

Ice-cream so-da, pa-va-lo-va.

Make up your own moves to this one. Hint: change your move with every syllable of the chant.

Hopscotch

Equipment

Chalk to draw the hopscotch lines, stones

The set up is 1, 2 & 3 squares in a line, then squares 4 & 5 next to each other, then 6 on it's own followed by 7 & 8 next to each other at the top.

How to play

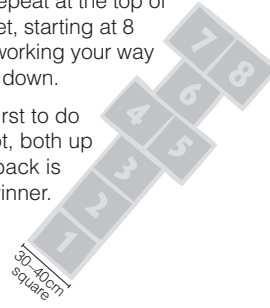
- Starting with number 1 throw/drop your stone onto consecutive numbers (1, 2, then 3, etc up to 8). It's important that you throw accurately because if your stone lands on the wrong number, you miss a turn.

- Assuming your stone lands on the right number, you have to hop the sequence, on one foot, missing that square. The only time you can put two feet down is on 4/5 and 7/8, and only if your stone isn't on one of them.
- If you put your second foot down (other than on 4/5 or 7/8 when your stone isn't on them), you have to pick up your stone and try again next time.
- At 7/8 you turn around and hop back, picking up your stone on the way, without putting your second foot down.

- When through 8 successfully, you repeat at the top of the set, starting at 8 and working your way back down.
- The first to do the lot, both up and back is the winner.

Tips

Try snail hopscotch. You draw a big snail shell spiral and then section it off into squares. You play the same way except there is no area for both feet. Also, the number of squares is limited only to the size of the snail you have drawn. Another difference is that you cannot start from the inside so it's just a race to the centre.



Knuckle Bones

sometimes called Jacks

Equipment

5 knucklebones or crazy bones

How to play

The object of the game is to be the first to successfully complete all challenges.

During any challenges, if a play is unsuccessful, the player ends his/her turn.

- You need to flip to see who starts first. **The flip:** Pick up all five bones, throw them up and catch as many as possible on the back of your hand. Throw those caught back up in the air and catch as many as possible in the palm of your hand. The one who catches the most bones starts first. Each player flips once.
- Pick-up ones:** flip first, then put all bones caught other than one to one side. Throw this bone in the air and pick up one of the remaining

bones as you do so. Continue until all are collected.

Pick-up twos: As for Pick-up Ones but the player must pick up two bones at a time until all are collected.

Pick-up threes & Pick-up fours: The more you catch when you flip, the easier it is because you only have to pick up the remaining bones.

- Scatters:** Scatter all 5 bones on the ground. Pick up one bone and toss it into the air, collecting two bones before catching the thrown bone. **Scatters threes and fours:** are the same but collect three and four bones before catching the thrown bone.
- Clicks:** As Pick-ups but with an audible 'click' between bones from each catch.
- No click:** As above but no click is allowed.

- Dumps:** Dump the five bones in a pile on the ground. Take away one without the others moving at all. Throw it up in the air, and pick up the remaining four and catch the thrown bone again.

- Catching Flies:** As for scatters but each catch is a rapid downward grab.

- Horse in the Stable:** Perform a flip but retain one bone only—this is your 'Jack'. Put your fingertips on the ground so as to make four arches. Whilst throwing the Jack in the air, push one of the remaining bones through the arch. Catch the Jack.

Repeat until all bones are in the stable with each bone going through a different arch. When all are in, throw up the Jack and pick up the 4 in one go and catch the jack again.

Marbles

Equipment

Marbles, chalk or stick or string

How to play

- Draw a circle 2 to 3 feet wide. Use chalk on concrete, a stick in dirt, or a string on carpet or tile.
- Select your shooter and place any marbles you wish to play with as targets inside the circle; the other players do the same. Shooters are designated marbles used to knock targets out of the ring. Your shooter should be larger than the other marbles so it's powerful enough to do its job. It should also look different from other marbles so you can distinguish it from them easily.
- Take your turn when the time comes by shooting your marble from outside the ring at any marble or marbles inside the ring. Shoot by kneeling on the ground and flicking your marble out of your fist with your thumb.
- Gather any marbles you've knocked out of the ring.
- Shoot again if you knocked any marbles out of the ring. Let the next player shoot if you haven't knocked any marbles out and/or your shooter remains in the ring
- Continue shooting in turn until the ring is empty.
- Count your marbles at the end of the game. The winner is the player with the most marbles.

- Return the marbles to their original owners unless you're playing 'keepsies'. In that case, each player keeps the marbles he or she won during the game.

Tips

- These are the rules for a version of 'ring taw' marbles, an older, more common variant. There are many other ways to play.
- One way to decide playing order is called 'lagging'. The players line up opposite a line 10 feet away (the 'lag line') and shoot their marbles at it. The player whose marble ends up closest to the line goes first, the next closest goes second, and so on.
- When playing with little kids, you can let them roll their shooter or flick from the ground with the backs of their 4 fingers.

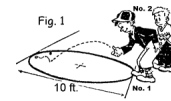


FIG. 1: To start a game of Ringer the children lag from a line, drawn tangent to the ring, to a parallel line across the ring, which would be 10 feet away. The child whose shooter comes nearest the line has the first shot. Players must lag before each game. Practice lagging, as the first shot may mean the winning of the game before your opponent gets a shot. In lagging, a child may toss his or her shooter to the other line, or he or she may knuckle down and shoot it.

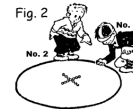


FIG. 2: This shows child No. 1 who won the lag, preparing to knuckle down. His knuckle has not quite reached the ground, which is necessary before shooting. He can take any position about the ring he chooses. Notice how the

13 marbles in the ring are arranged at the start of the game.

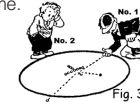


FIG. 3: Child No. 1 knocks a marble from the ring on his first shot and his shooter stays in the ring. He picks up the marble. As he has knocked one from the ring, he is entitled to another try. Players are not permitted to walk inside the ring unless their shooter comes to a stop inside the ring. Penalty is a fine of one marble.

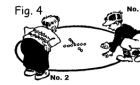


FIG. 4: Here we see child No. 1 continuing play. He "knuckles down" inside the ring where his shooter stopped on the last shot. This gives him the advantage of being nearer to the big group of marbles in the center of the ring for his next shot. Expert marble players try to hit a marble, knock it out of ring and make their shooter

"stick" on the spot.

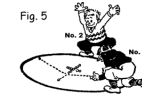


FIG. 5: On this play, No. 1 hit a marble, but did not knock it from the ring. At the same time his shooter, too, stays inside the ring. He can not pick up the marble, neither is he allowed to pick up his shooter. He must leave the shooter there until the other child has played.

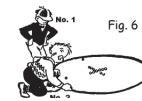


FIG. 6: Child No. 2 may start by "knuckling down" anywhere at the ring edge. In this case he may shoot at the 11 marbles in the center or if he wishes, he may go to the other side and try for No. 1's shooter or the marble that No. 1 almost knocked from the ring.

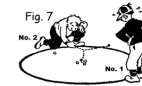


FIG. 7: Child No. 2 chooses to try for No. 1 child's shooter and knocks it out of ring, winning all the marbles No. 1 has taken and putting No. 1 out of that game. Or he could shoot as shown in Fig. 8.

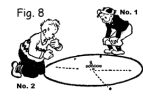


FIG. 8: Child No. 2 hits a marble but does not knock it out of the ring yet his shooter goes through the ring and stops outside. The marble remains where it stopped in the ring, and as No. 2 did not score, it is now the turn of No. 1 to shoot again.

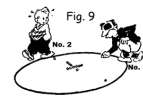


FIG. 9: No. 1 "knuckles down" inside the ring where his shooter stopped (Fig. 5). He is going to shoot at the marble nearest his shooter. By hitting it at the proper angle and knocking it from the ring he can get his shooter near the center of the ring for his next shot.