With a Hop, Skip and a Jump

In this activity we want you to move around doing these activities by hopping, skipping or jumping!

Take your pick from the list of suggested ideas, which may have come from existing resources (e.g. Roundabouts / Handbooks / Badges / GFls / Octants and other Girlguiding publications) or choose your own activity.

All Age Activities

- Age appropriate skipping - different types of skipping e.g. cross arms, French skipping, bumps etc
- Take part in lots of competitive games and sports outdoors - long jump, high jump, triple jump
- Plan an outdoor adventure for the extra day that we get in a Leap Year
- Try bungee trampolining
**Rainbow ideas**

While outside
- Hop on one leg round figure of 8 or other shape
- Bunny jump a track
- Play jump the rope
- Move round a trail set for you by a Leader where you have to hop, skip and jump

**Brownie ideas**

While outside
- Find a suitable area and play hopscotch and leapfrog
- Learn at least 7 skipping games
- Play helicopter
- Learn to skip at least 3 fancy skipping steps
- With gentle handling catch a frog and watch how it moves
- Play Dicerobics
- Have a go at French skipping
- Have a go on a zip wire
- Use a space hopper to bounce around an outside obstacle course

**Guide ideas**

- Make and use a rope swing
- Cross water using stepping stones
- Go for a short walk with your unit. What did you see that would make you want to jump for joy?
- Increase your skipping skills by increasing the number that you skip both forwards and backwards to make you puff for a healthy heart
- Work together and demonstrate your skills of Double Dutch Skipping
- Try zorbing with your unit
- Have a go at abseiling
- Fly down an aerial runway

**The Senior Section ideas**

- Organise a sponsored skip for your District or Division to raise money for an outdoor project
- Try abseiling with your unit
- Try parachuting (over 16s only)
- Find out about the variations of hopscotch and try them out
Websites

How to/Activities
- [http://www.skip-hop.co.uk/skipping-games-c52.html](http://www.skip-hop.co.uk/skipping-games-c52.html)
- [http://www.greatgrubclub.com/skipping-games#.Vri0BawrH4g](http://www.greatgrubclub.com/skipping-games#.Vri0BawrH4g)
- [http://www.sparklebox.co.uk/3621-3630/sb3626.html#.Vri3ZKwrGP8](http://www.sparklebox.co.uk/3621-3630/sb3626.html#.Vri3ZKwrGP8) (how to play hopscotch)
- [https://www.persil.co.uk/activities-for-kids/play-leapfrog-game/](https://www.persil.co.uk/activities-for-kids/play-leapfrog-game/)
- [http://resources.woodlands-junior.kent.sch.uk/studentssite/playgroundgames.htm](http://resources.woodlands-junior.kent.sch.uk/studentssite/playgroundgames.htm) (French Skipping)
- [https://scoutpioneering.com/2015/05/16/scout-swing/](https://scoutpioneering.com/2015/05/16/scout-swing/)

Information Websites
- [http://www.ask.com/pets-animals/frogs-move-ab0c5eee4e72300c](http://www.ask.com/pets-animals/frogs-move-ab0c5eee4e72300c)
- [http://www.foxlease.org.uk/activities/instructor-led_activities.aspx](http://www.foxlease.org.uk/activities/instructor-led_activities.aspx) (abseiling at Foxlease)
- [https://www.bhf.org.uk/get-involved/events/schools-events/jump-rope-for-heart](https://www.bhf.org.uk/get-involved/events/schools-events/jump-rope-for-heart) (Details of how to organise a sponsored skip)

Other Resources
- Adventure Plan - Keep Fit (Dicerobics)

Let us know what you’ve been up to on the Growing Up Wild website!