



Australian Government
Australian Sports Commission



Walk right through

Two people turn the skipping rope, while the other players walk right through.
(Play with 4–6.)



What you need

- > 1 long (5 metre) rope per group
- > Optional: 1 medium length (3.5 metre) rope per group of 3

What to do

- > Two players (the rope turners) hold an end of the rope each.
- > The rest of group stand in a line, facing the rope.
- > The rope is turned towards the group.
- > One by one the group walks through the turning rope.
- > One of the rope turners calls 'NOW!' to signal to each player when to walk through.
- > The aim is to walk through without being tapped by the rope.

Safety

- > Check there is enough space between players/groups and that the skipping area is clear of any walls or other obstacles, including overhead lighting.
- > Adjust the activity and the speed of rope turning according to ability.
- > Players should walk through the middle of the rope. No running or skipping to start with.

Scoring

- > How many players can pass through the rope in 60 seconds?

LESSON LINK:

Walk right through is a skipping activity with many variations to suit players' skills and abilities. It encourages coordination, teamwork and agility as well as allowing players to practise correct springing and landing techniques.

SESSION PLANS

Combos > Start Out MV 05A + Start Out MV 04C + Get Into It MV 07

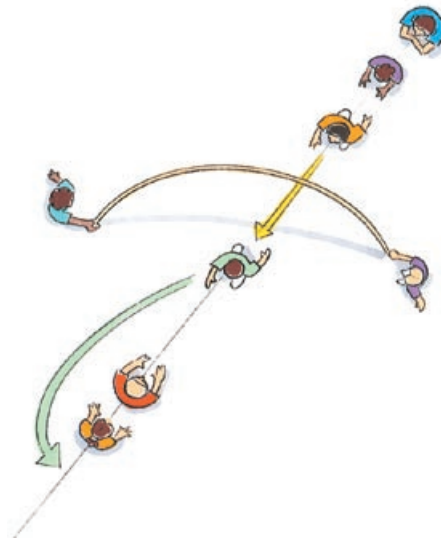
change it...

Game rules

- > **Pairs (verbal signal)** — players go through in pairs holding hands. The pair calls their own signal to indicate when they will walk through.
- > **Pairs (non-verbal signal)** — players go through in pairs holding hands. The pair uses a non-verbal signal (e.g. a clap or hand squeeze) to indicate when they will walk through.



- > **Diagonal crossing** — split into two groups. One group lines up on one side of the rope and the other lines up diagonally opposite. The first person walks through the turning rope and then joins the end of the opposite line. Then the first person from the second line walks through and joins the back of the first line, and so on.



- > **Group walks right through** — form one line of players. First, 1 player goes through, then 2 players together, then 3 players together etc. If the rope taps anyone, they must start again from 1 player. The aim is to get the entire group through one turn of the rope.

Walk right through

Skills > Coordination · Teamwork · Agility · Spring and landing

- > **Skip right through** — repeat the above variations but players must do one skip of the rope before moving through.
- > **Action skipping** — have the players shout their name or perform some action while skipping.
- > **Tri-skip** — form groups of 3, and use 1 medium length rope per group. Two people turn the rope while 1 person skips. Rope turners can ask questions or call directions to the person jumping the rope (e.g. 'What's your name?', 'Do a 180 turn', 'Touch the floor').

ASK THE PLAYERS

- > What do you have to do to get through without being touched by the rope?
- > How can you work together to get the best result?
- > Which activities were the most fun?