



# Team Builders

## Skipping team

- Individual
- Pairs
- Small group
- Whole group

**Uses:** This activity gets teams working together to provide mutual support. Some people may already know how to skip, but they need to share this skill with others in order to achieve the team outcome. The challenge cannot be achieved alone.

**Resources:** Skipping ropes - enough for each team.

**Time:** 20-30 minutes.

### What to do:

1. Get into largish group of eight-ten people.
2. Issue each team with a length of rope six metres long, or longer if you want to work with larger teams. The rope should be suitable for skipping. A washing line might be a good idea but it can be very hard on the legs!
3. The task for the team is to perform a routine or series of skipping exercises in teams with two team members holding the rope, (one at each end obviously).
4. Demonstrate the rope twirling correctly, so that the skipping rope just touches the floor on each downward part of the twirl. With a long rope like this the rope holder may need to use their arms not just their wrists to create a big enough circle.
5. The groups practice skipping both individually and in larger groups. Encourage team members, when not skipping themselves, to coach and support those skipping at the time.
6. Give each group a pattern to rehearse and then demonstrate to other groups;  
e.g.  
step in/out; boys/girls; all/ team-members; one/two/three; whatever;  
change one; both twirlers (while skipping continues);  
clap; chant; count; sing along to the music; whatever in time with skipping rhythm;  
colleague while skipping etc!
7. You could try all the groups skipping at the same time and in the same rhythm.

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## Make it different:

- Make this a competition between teams and create different prize categories e.g. style; technique; duration; most spectacular rope tangle; most awkward; overall best skipper; most reliable steady twirlers; best team rhythm, etc.
- Music can also be used to add to the atmosphere and challenge. Be aware of the effect of the music beat on the skipping speed.
- Try group skipping without the rope! Ask the team to use an imaginary rope. It might sound a crazy idea, but it will get people thinking, moving, jumping about and working in teams - plus it's completely safe!

## Points to make:

- A physical team challenge brings out different strengths in the team. Ask the teams to reflect on how they support each other and decide on team roles.
- Did they encourage each other or not? What was the reaction when things went wrong?
- How different was it skipping as a group, compared to skipping individually? Ask the teams to reflect on this and make links with other team activities.

