

FRENCH SKIPPING

Playing

French Skipping is also known as Elastics, Chinese Skipping or Chinese Jump Rope.

Two people are the “Enders” and stand inside the loop of elastic stretching it fairly taught around their ankles. The Enders then stretch the elastic into a rectangle shape by standing with their feet slightly apart. To start the games, the elastic should be at ankle height.

The “Jumper” then has to perform a sequence of different hops and jumps – within and around the elastic. The jumps are carried out whilst the Jumper chants appropriate skipping rhymes or songs.

If the Jumper is successful in completing the rhyme and the jumps, the height of the elastic is raised to the knees, then the thighs, then the waist!

