

French Skipping

(Elastics)



French skipping is played with a long piece of elastic. Two children stand a couple of metres apart with a long circle of elastic around their ankles. Other children jump in and out of the elastics often in time with a song and with specific jump moves. The elastic is moved higher if the person jumping doesn't make a mistake. It looks as if Ditosa and her friends in Mozambique have the elastic above their knees. They must be skillful!

Create your own song and jump routine. Write it below.

Years 3/4: Participate in physical activities from their own and other cultures ([ACPMP108](#)).

Years 5/6: Explore how participation in outdoor activities supports personal and community health and wellbeing and creates connections to natural and built environments ([ACPPS059](#)).