

Jump Rope Chant

THE SWINGING BRIDGE Active & Healthy Living



The Adventure :

Many physical activities involve a good sense of rhythm. It can be helpful to come up with a chant or a song. When Europeans first came to Canada, the French Voyageurs explored much of the country by canoe. To keep a rhythm as they paddled, they sang songs.

In Lairs, invent a chant to call out while skipping rope. Two Cub Scouts can turn the rope—or even two ropes!—while the others take turns trying to skip and say the chant.

Online Resources :

- DJ Fresh "Gold Dust"
- Double Dutch Basics

Safety note:

- It is easy for the Cubs turning the rope to trip the skipping Cub if they decide to do so, but this is a dangerous trick. If someone is tripped with the skipping rope, there is a good chance that he or she can be seriously hurt.
- What guidelines can your Lair come up with to make this activity as safe as possible?



Plan:

- When and where will you share this adventure?
- What gear do you need?
- What will your chant be about?
- Do you know any chants already that can be fun to skip to?
- Will you use the rhythm of a chant you know, or will you come up with something entirely new?

Do:

- Invent your chant and practise skipping to it.
- Share your chant with the other Lairs in your Pack, and listen to the chants they've invented.

Review:

- What do you know now that you did not know before?
- Who in your Lair was especially good at skipping and chanting?
- How tiring was this activity? Why would that be?
- What would you do differently next time?