



## Skipping Ropes Policy

Physical exercise is important to aid children's physical development and to support confidence, but it is vital that any equipment is used safely to avoid accidents.

This provision sometimes uses skipping ropes with the children. They are a very good way of helping children develop a sense of timing and co-ordination, and can also help with numeracy through counting. When mastered, focus can be given to learning skipping rhymes, which aid language skills.

In schools across the country there have been several serious incidents involving skipping ropes and this provision has therefore decided to follow the guidance from the British Heart Foundation's booklet *Active Playgrounds, A Guide for Primary Schools*.

Children will be:

- checked to ensure that they are wearing appropriate footwear and clothing for the activity
- shown how much space they need to skip and swing the rope without it touching anyone else
- kept away when not skipping to avoid them moving into the skipping rope area
- allowed to use skipping ropes only in appropriate weather; eg after heavy rain the outdoor area can sometimes be slippery, and summer lunch times are too hot for outdoor physical activities
- encouraged to regularly have a drink to avoid dehydration and overheating; water will be available outside
- given the correct length rope for their height; the provision has a sufficient number of different length ropes
- given support with learning to skip. The provision will explain to them at the start of each lesson about the dangers of using the rope inappropriately.

If you have any concerns regarding this policy please contact us.