

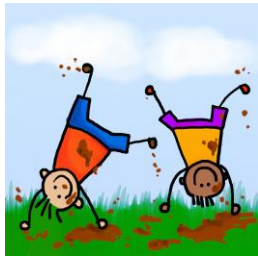


OBS: RBA Risk Benefit Assessment

Activity: Skipping / Skipping Games

Benefits:

- We can move our bodies and exercise.
- We can improve our skills.
- We can be creative.
- We can work collaboratively as a team.
- We can try new things.
- We can take risks in a safe way.



Activity Ideas:

- We might want to skip like a boxer.
- We might want bounce skip, hop skip or run skip.
- We could twist the rope and our arms whilst skipping.
- We could create games in small groups.
- We might want to play Limbo, Mouse Trap, Teddy Bear, Hot Peppers



Risks:

- We could get hit by a skipping rope
- We could trip over the skipping ropes
- We could get wrapped up in a skipping rope
- We could get rope burn from not using them correctly

Risk Management:

- We will not swing the ropes in order to hit someone
- We will make sure we have enough space around us when skipping
- We will not wrap ropes around any part of our bodies or anyone else's
- We will not use the ropes to trip anyone up
- We will not throw or lasso the ropes
- We will not tie people up with the ropes
- We will not play games like tug of war