



## Pocket Long Rope Skipping Games

By Jenny Mosley

Positive Press Ltd, United Kingdom, 2014. Pamphlet. Book Condition: New. Mark Cripps (illustrator). 210 x 99 mm. Language: English . Brand New Book. Skipping is a sociable activity that encourages cooperation, trust and turn-taking, as well as improving cardio-respiratory fitness, flexibility and coordination. The long rope skipping games in this handy booklet are suitable for skippers of all levels and will enhance playground experiences for children everywhere!.



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