

Jump Rope Activities Guide

Youth engage in this play-focused activity to target the Active Mind, Active Body, and Active Together Initiatives

Age Appropriateness:

5-8, 9-12, 13 and up

Key Topics:

Physical Activity

Engaging the Mind

Collaborative Exercise

Skills:

Physical Coordination

Teamwork

Memorization

Materials:

Jump Rope/Jump Rope Set

Time Consideration:

1 hour

Resources:

<http://www.livestrong.com/article/104292-different-games-play-jump-rope/>

Objectives

- Kids engage in creative and unique ways to jump rope
- Kids engage bodies and minds through various jump rope activities
- Understanding of collaborative play and teamwork by engagement in group jump rope activity

Action

Reach out within your community to secure a donation of jump ropes for the integration of jump rope activities. Communicate the benefits and importance of active play to potential donors to garner their support.

With jump rope sets, incorporate the activities from this guide—then invent your own games! Here are some ideas to get started:

Relay Races (Active Body)

Each team needs a jump rope. The first player on each team jumps rope while moving from one end of a marked area to the other and then back to their team. Then the next player take the jump rope and does the same thing until all of the players on the team have gone. Whoever makes it to the finish line first wins!

Jump Rope Rhyming (Active Mind)

Create a rhyme to begin this game. Begin jumping rope and reciting the rhyme to the rhythm of your own jumping. Keep skipping rope until you can complete the rhyme, starting over if you forget. The same game can be played by younger kids with the alphabet to increase memorization skills.

Three-Legged Race (Active Together)

You can use a jump rope to tie legs together for a three-legged race, and then as part of the race you have to jump a different jump rope three-legged. Trying to jump rope while tied to another person is almost as much fun as running down the field while tied together!

Reflection

How did these activities address the areas of physical coordination, engagement of the mind, and collaborative exercise? What other jump rope activities can you create to engage these skills?