

# More Jump Rope Activities



**Long Rope** (minimum of 3 people would be needed for these activities along with 1 long rope)

## Snake

This jump rope game is good for beginners or younger kids who have trouble timing their jumps with a swinging rope. For Snake, the rope stays on the ground. Have one person hold it at each end and wave it gently along the ground like a slithering snake, while other players attempt to jump over it. Take turns being the jumper and the snake-mover.



## Banana Split

This jump rope game doesn't actually involve jumping--but players do have to pay attention to the timing of the swinging rope. You need a long rope and two people to turn it. The remaining players form a single-file line so that the first person in line is facing the rope. The turners swing the rope forward toward the line, then away. As they do so, the first player must run under the rope and back without touching the rope or letting it touch him. After one pass, the second person in line joins in and both players run under the rope. Then three runners go together, and so on. If anyone touches the rope or doesn't make it back and forth in time, start again with one player running.

## Water Splash

Play this one outside! While two friends turn a jump rope, each player must jump while holding a clear plastic cup of water. She must jump for a predetermined amount of time, the number of jumps, or as long as it takes to recite a rhyme or sing a song (like "Happy birthday," if you're playing at a birthday party). After everyone has had a turn to jump, the winner is the player with the most water remaining in his or her cup.



## Jump the River

In Jump the River, players are going on a journey and need to jump over any rivers (parallel jump ropes) they find. Use this game to help younger kids practice jumping skills. They can jump with two feet, one foot, or with a twist. Connect to a science or history lesson by using butcher paper instead of ropes and letting kids draw the river-bank scenery in advance.

## Zero, 1, 2, 3

In this version of jump rope, less-skilled jumpers get just as much rope time as their more skilled peers. Each player runs through the rope on their first turn, jumps once on their second turn, then jumps three times, and so on. When players miss a jump, they re-do that number the next time through.



**Single Rope** (a single jump rope for each individual)

**Double Bounce:** Jump twice for each rotation of the rope

**Single Bounce:** Jump once for each rotation of the rope

**Double Foot:** Both feet take off and land together

**Single Foot:** Jump with only left foot or only right foot

**Side Swing.** Holding handles together, swing the rope from one side of your body to the other. When you are ready, open your hands, swing the rope down and jump.

**Jump Rope Math:** Give a math equation to solve, like  $2 + 5$ . The jumper repeats the math equation and then jumps the answer (in this case, they would jump 7 times). Use more complicated equations to practice math and jumping skills.

**Looking to Challenge Yourself? Try these jump rope tricks.**

**Skier:** With feet together, jump from side to side, like you are skiing.

**Bell:** With feet together, jump back and forth, like a ringing bell.

**Side Straddle:** This is the bottom of a jumping jack. Open and close legs with alternating jumps.

**Front Straddle:** Land with one foot in front and the other in back. When you jump, switch positions of the legs. Land with opposite leg in front and other in the back.

**X-Straddle:** Legs land apart. Jump and cross legs, land with legs crossed. Jump again and land with legs apart.

**Heel Touch:** Jump and touch one heel to the ground in front. Jump again and touch the opposite heel to the ground in front.

**Jogging Step:** Turn the rope and step over with one foot, turn the rope again and step over with the other foot. It looks like jogging in place.

**Jump Rope Math** Give a math equation to solve, like  $2 + 5$ . The jumper repeats the math equation and then jumps the answer (in this case, they would jump 7 times). Use more complicated equations to practice math and jumping skills.

