

Jump Rope Extravaganza
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INDIVIDUAL ROPES

B, B & J: This is a class game involving bowling, basketball and jump roping. Form approximately five teams with about five in line for each team. Place 2 bowling pins in the middle of the gym floor. Each team is about 20' from the pins, with each team on opposite sides of the pins (Like spokes of a wheel). Each team has its own unique color of a pair of beanbags.

In **Round One** the first player of each team slides the beanbag on the floor in an attempt to knock the bowling pin over. They chase their beanbag and return it to the 3rd person in line, as the 2nd player is sliding their beanbag in the same manner. When a player is successful, they take the downed bowling pin and the beanbag to the teacher. If 2 beanbags hit at the same time (very rare), the person getting the bowling pin first gets to claim it. Continue in the same manner until the 2nd pin is down. If the same team knocks over both pins they get to choose their challenger for round 2 of the contest.

Round Two: The team that knocked over the pin lines up at the free throw line (or mark a closer spot), the challenging team at the opposite basket. At the "go" signal each first person in line gets to take one shot at the basket, rebound the ball and give to next player in line, and go to the end of the line. Other players repeat this pattern. Count each basket made as one point. At the same time the remaining teams (that did not knock over the pin), are executing a different challenge. At the same "go" signal, the first person in line grabs a jump rope, completes 20 (or another predetermined number) speed jumps, and hands the rope to the next person in line. When every member has completed this task their team sits down. When all teams are down, the teacher shouts "stop." This is when the basket shooting teams stop, and their scores for made baskets are recorded as their team's points. All teams return to **Round One**, and game continues.

Big Group Helicopter: Tie a deck tennis ring to a long rope. Students stand in a large circle. Teacher, or selected student, stands in the middle of the circle twirling the rope on the ground with the deck ring passing under the student's feet. The student who does not jump the ring is eliminated and leaves the circle. To return the student can either run a lap or perform designated individual jump rope skill (such as 10 side straddles).

Elimination Games: When playing elimination games where a student gets "out", use jump roping as a way to get back in.

Jumping Frenzy: (From P.E. Central) This activity integrates math with jumping skills. Students are divided into partners and given a stack of playing cards. When a student turns a card over they are to jump the number of times on the card. The suit will determine the type of jump to do (Such as Hearts: Forward jumping, Clubs: Backwards jumping, Diamonds: Criss Cross, Spades: student choice). In this case a 5 of hearts would require the student to do 5 forward jumps on the rope. Each student would then record the total number of jumps on a piece of paper, and will add up their total score as they go, until they reach 50. Variation: Start with the number 50 and subtract the jumps to zero. Older students could also work on multiplication and division facts.

Jump Rope Hopscotch: Game of hopscotch while jump roping.

Jump Rope Soccer: Play 1-on-1 or 2-on-2 min-soccer games while jump roping.

Jump Rope Tag: Play like regular tag, runner carries jump ropes. You are safe if you are jumping rope (can make it a specific jump rope skill). You are safe for 10 jumps.

Jump Rope Yahtzee (From P.E. Central) This activity integrates math with jumping skills. Students are divided into partners and given a pair of dice. One partner is the "jumper" and the other rolls the dice. The partners add the total rolled on the dice, and the jumper performs that number of jumps. The partners then switch roles. Variations: Add more dice. Use multiplication with the pair of dice. Give both students jump ropes.

Obstacle Course: When creating an obstacle course, use jump roping as a part of the course.

Relay Jumping:

- Skill lists: Create a list of jump rope skills (such as Skier, Side Straddles, Criss Cross, Double Unders). Make relay lines of 3-4 students. Jump rope is on ground 30' away (or have them jump rope using jogging steps to the other side). First person in line runs to the other side, picks up rope and does 10 skier jumps, sets rope down and returns to relay line. Second person in line does the 2nd skill and so on. Challenge groups to see how many times they can go through the list in a predetermined amount of time (2-3 minutes).
- Math facts: Make relay lines of 3-4 students. Jump rope is on ground 30' away. First person in line runs to other end and jump ropes 30 times while their relay line is loudly counting the jump. That student returns to relay line. Second runner goes to jump rope and jump ropes 15 times while the relay line is now counting by 2's with each jump to the number 30. Next student will jump as teammates count by 3's. (Then by 5's, 10's). Can modify to adapt to the appropriate math skills of the class.

Snakes: Place 4-6 jump ropes (without handles) on a parachute. Have class shake the parachute. If a jump rope touches you, grab it and jump rope while moving around the outside of the parachute (as they continue shaking). When you return to your starting point - throw the jump rope back on the parachute.

Tic Tac Toe Jumping: Create a Tic Tac Toe Chart. In each of the nine spaces have one name of nine different jump rope skills (Such as right foot, left foot, forward straddle, heel-to-heel, twist, criss-cross, double side swing, can-can, flying eagle). This is a two player game. The first player chooses a skill/space, such as the "twist." If they can perform ten (or another pre-determined number) "twists" while jump roping, they earn that Tic tac toe space, if not it remains unclaimed. Alternate turns with the other player. First to complete a tic tac toe wins.

LONG ROPE/2 TURNERS

Chase The 2nd person in line chases the 1st person in line. If they catch up with them they tag them. The pattern they must follow is to jump one time only in the center of the rope, run around the rope turner, jump one time, and run around the other rope turner (Figure 8 pattern). If they do not follow this pattern, the rope touches them, or they are tagged by the other player, they are eliminated and become the rope turner. If the 1st player is quick enough they can catch up to the 2nd player and tag them instead. Whoever is successful gets to stay in, and is chased by the next player in line waiting for a turn.

Jump Rope Water Splash: Warning-students will get wet! Student holds a paper cup full of water while jump roping. Pre-determine the number of jumps, or a chant to jump along with. Students compete to see who has the most water remaining in the cup.

Rhyme Time Jumper thinks of a word, such as "cat." On each jump they shout out a word that rhymes, such as "bat", "hat", "mat". Their turn continues until they miss a jump, or cannot think of a rhyming word in time for their jump. Variation: First person in line can be the one chanting the rhymes in coordination with the jumps. It could be a contest to see who can last the longest, the chanter, or the one completing the jumps.

School On the participant's first turn, enter the rope and try to jump one time and exit. If successful, they have completed 1st grade. On second turn, enter the rope and try to jump two times and exit. If successful, they have completed 2nd grade. Any time they are not successful, they need to "return" to that grade. Continue until they "graduate." Make sure to rotate rope turners.

Whirlwind On the participant's first turn, enter the rope and try to run in and through the rope without jumping, and without the rope touching them. If the rope touches them they become the rope turner, and re-try on their next turn. If successful, they try the same thing, but enter with a partner. Each successful turn they add one more person. The goal is to build up to all participants running through together in one chain.