

Advanced Jump-Rope Challenges

Grades K-5

BENEFIT

Vigorous aerobic exercise, strengthens bones

LOCATION

Blacktop, multipurpose room

EQUIPMENT

1 jump rope per student

Once they have mastered the four beginning steps of jump rope, your students are ready for more-complex activities. The following jump-rope challenges are variations on the basic jump-rope form. Be sure your students have mastered that form (covered in Beginning Jump-Rope Activities) before assigning these challenges. Some of the challenges are for students to perform individually, others require a partner. Unless directed otherwise, have students spend 30 to 45 seconds on each challenge.

Individual Jump-Rope Challenges

For the individual jump-rope challenges below, each student needs a jump rope.

Jump and rest Jump in place until you hear the signal to stop. (For example, have your students start jumping, then blow a whistle after 40 seconds. Give your students a short rest, then have them jump for a shorter period—30 seconds, then 20.)

Reverse the rope Turn the rope backward while you jump in place.

Do the math I'll read you a math problem. The answer to that problem is the number of jumps you need to do in a row. For example, I'll say, "Six plus six." When someone raises a hand and gives the right





answer (12), I'll give the signal for everyone to begin jumping 12 times.

Jump on one foot Switch feet after every jump.

Jump three times on one foot Switch feet every three jumps.

Jump forward Move forward around the blacktop while jumping.

Jump and jog forward Jog forward around the blacktop; coordinate turning the rope and moving your feet so that you jump over the rope one foot at a time as you jog.

Jump backward Move backward around the blacktop while jumping.

Jump from side to side Jump to the right as you turn the rope, then jump to the left as you

turn the rope. Repeat. Keep the rope moving continuously as you alternate sides.

Jump fast Turn the rope as fast as you can while jumping.

Jump slow Turn the rope as slowly as you can while jumping.

Count your jumps Jump as many times in a row as you can without stopping; keep count.

Feet apart, feet together With each jump alternate your foot position: on one jump, land with your feet far apart side to side; on the next jump, land with your feet together.

Jump and jog Jump rope for 30 seconds, drop the rope, and jog to the end of the blacktop and back to your rope. Pick up the rope and repeat. (You can also set up a different destination for your students; for example, set up a line of cones on the grass.)

Jump sideways Move sideways around the blacktop while jumping.

Jump then switch Jump rope for 20 seconds; at the signal, switch right away to a stationary exercise. (For example, at the signal, call out a stationary exercise, such as jumping jacks or push-ups. Have your students switch exercises without resting.)

Partner Jump-Rope Challenges

For the partner challenges below, assign your students partners and have them share a jump rope.

You go, I go One partner in each pair jumps rope; the other partner does a strength exercise, such as push-ups, jumping jacks, or lunges. At the signal, partners switch roles.

Jump together Partners stand close together and face each other. One partner holds the jump-rope handles and turns the rope; both partners jump together. At the signal, partners switch roles.

