

# Rope-on-the-Ground Activities

Grades K-5

## BENEFIT

Aerobic exercise, muscular strength and endurance, strengthens bones

## LOCATION

Blacktop, multipurpose room

## EQUIPMENT

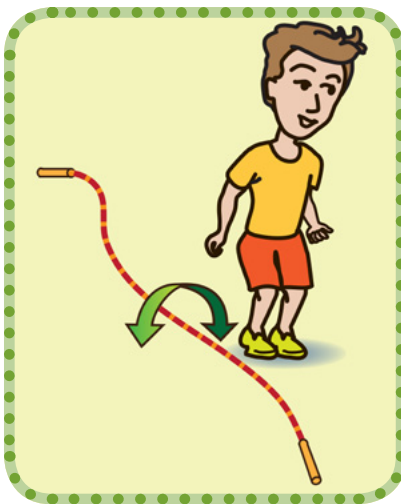
1 jump rope per student

For a great aerobic workout, have your students work with jump ropes on the ground. The activities in this section work best if each student has a rope. Instruct your students to spread out, leaving at least 5 feet between ropes. Read the following prompts to your students and have them perform the various tasks, moving around and across the rope using different jumping styles and movement patterns. Have your students perform each task for 30 to 45 seconds.

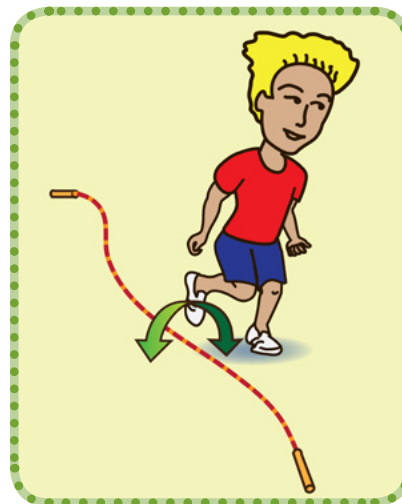


## Rope-in-a-Line Activities

For the activities in this section, have each student place a jump rope on the ground and stretch the rope out lengthwise. Instruct your students to spread out; there should be at least 5 feet between ropes.



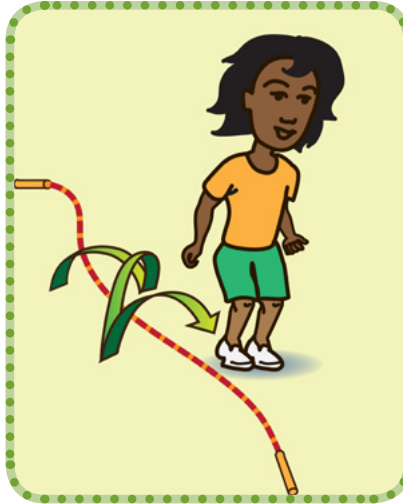
**Jump sideways** Stand beside the rope on both feet. Jump from one side of the rope to the other continuously, starting from two feet and landing on two feet.



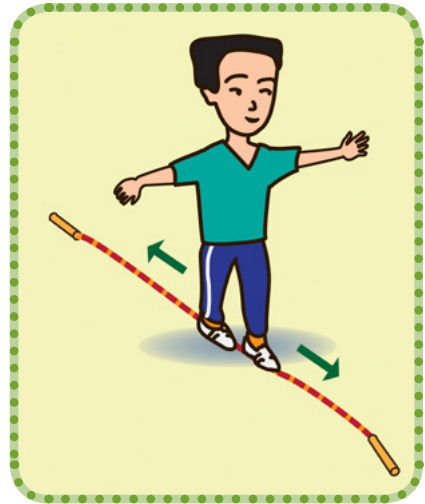
**Hop sideways** Stand beside the rope, on one foot. Hop from one side of the rope to the other continuously, starting and landing on the same foot. Alternate feet every five hops.



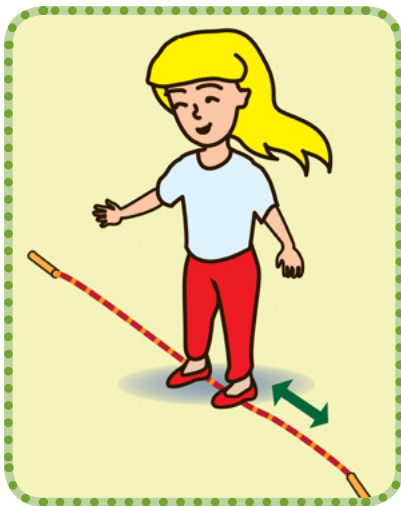
**Jump forward and backward** Stand facing the rope, on both feet. Jump forward and backward continuously over the rope.



**Jump in a zigzag pattern** Stand beside the rope. Jump side to side with both feet; follow a zigzag pattern as you move forward to the end of the rope. Once you've reached the end of the rope, jump in a zigzag pattern backward to your starting point.



**Walk forward on the balance beam** Stand on the rope, and pretend you are walking on a balance beam: place one foot in front of the other, heel to toe. Walk to the end of the rope, turn around, and come back.



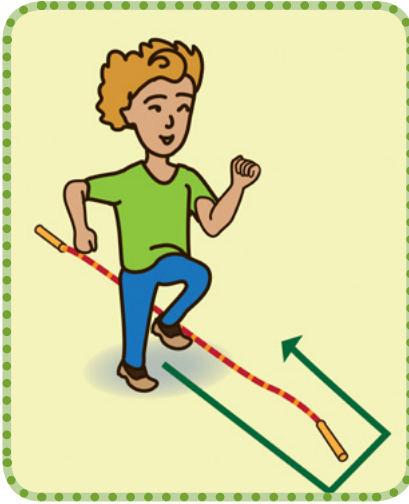
**Walk sideways on the balance beam** Stand on the rope, feet perpendicular to the rope. Move to the end of the rope and back, stepping sideways.



**Tiptoe on the balance beam** Stand on the rope. Tiptoe forward as you move down the rope and tiptoe backward on the return.



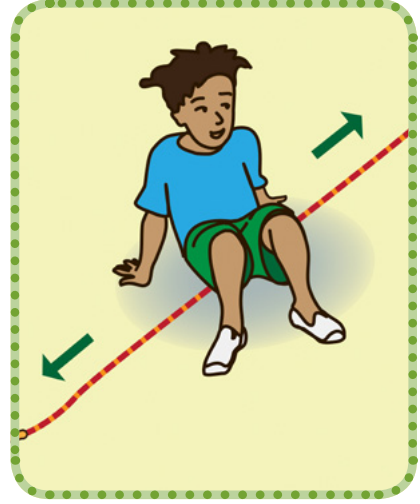
**Run and jump** Stand on one side of the rope. Run in place with fast feet. Jump over to the other side of the rope every 10 steps.



**March forward** March around the rope. When I say “Switch,” change directions.



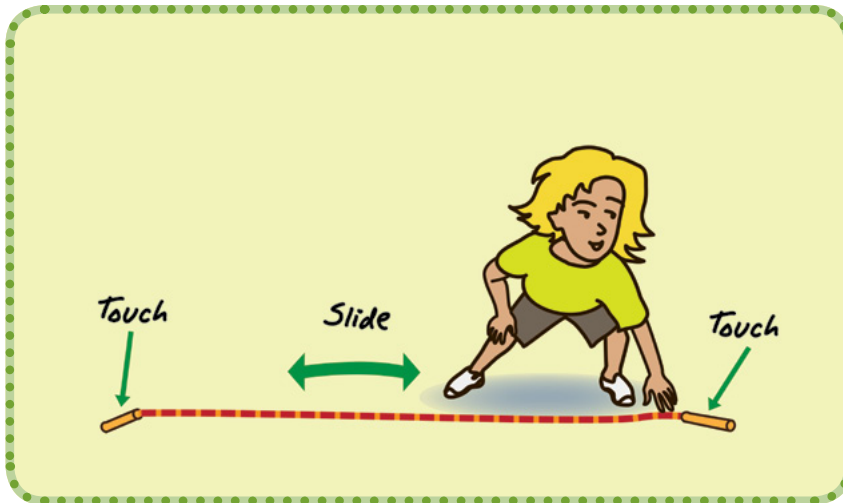
**Jump like a frog** Squat down beside the rope; place both hands on the ground between your feet. Move forward around the rope, jumping like a frog. Every time I say “Switch,” change directions.



**Walk like a crab** Get into the crab-walk position over the rope; keep your hands on one side of the rope and your feet on the other. Crab-walk sideways, from one end of the rope to the other.

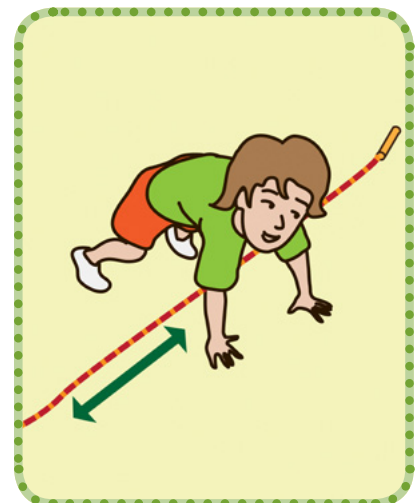






**Slide sideways and touch the handle** Take a wide sideways stance, with your body parallel to the rope and the rope in front of you. Slide sideways till you reach one end of the rope, touch

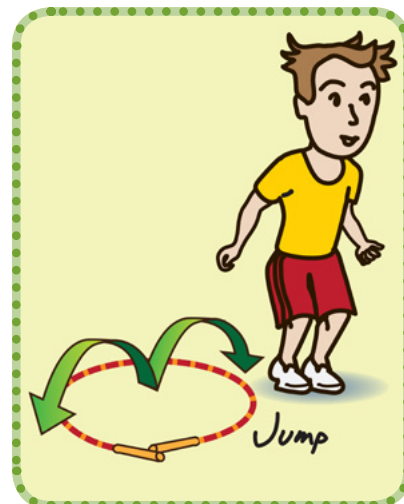
the handle, then slide sideways back to the other end of the rope. Continue sliding sideways back and forth along the rope, touching the handle each time you get to the end.



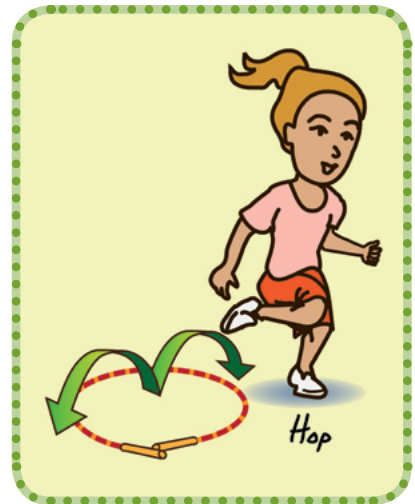
**Crawl like a bear** Get into the bear-crawl position over the rope; keep your hands on one side of the rope and your feet on the other. Crawl sideways, from one end of the rope to the other.

### Rope-in-a-Circle Activities

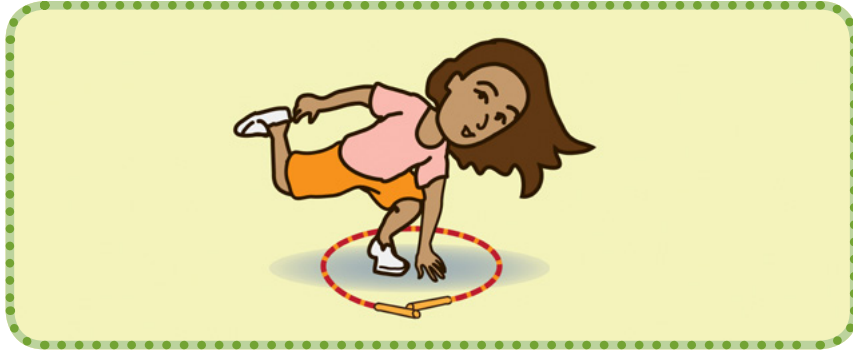
For the activities in this section, have each student place a jump rope on the ground and arrange the rope to form a circle. Instruct your students to spread out; there should be at least 5 feet between ropes.



**Jump in, jump out** Stand next to the circle. Jump from both feet and land on both feet; jump sideways into the circle, and then jump sideways out of the circle.



**Hop in, hop out** Stand on one foot, next to the circle. Hop sideways into the circle. Then hop in the same direction, out of the circle. Repeat this pattern continuously. Change feet from time to time to give both legs an equal workout.



**Balance in the circle** Inside the circle, balance on one, then two, then three, then four body parts. Step into the circle and balance on one foot; at the signal, place either hand on the ground inside the circle and shift your weight to balance evenly on the two body parts; continue adding balance points at the signal until both hands and both feet are on

the ground. (For example, when you call out “Balance on two body parts,” your students should lean forward so only one of their feet and one of their hands touch the ground, inside the circle. Start with balancing on one body part, then progress to two, three, and four. Have your students balance for 20 seconds in each position.)



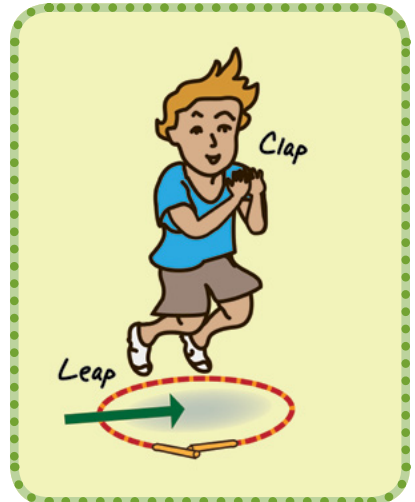
**Step quickly** Pretend the circle is a hot frying pan. Step into the circle—stand on both feet briefly—and then step out of the pan. Move your feet really fast, so you don’t get burned!



**Bridge the lake** Pretend the circle is a lake. Place your body over the lake as if you were a bridge. Face downward, with your feet on one side of the lake and your hands on the opposite side. Elevate your body so only your hands and feet touch the ground.



**Leap the puddle** Pretend the circle is a puddle. Jog toward the rope and leap over the puddle. (Make sure your students have sufficient space between their rope circles for this activity.)



**Leap over the circle with a hand clap** Jog toward the rope; leap and clap your hands while you’re in the air. (Make sure your students have sufficient space between their rope circles for this activity.)



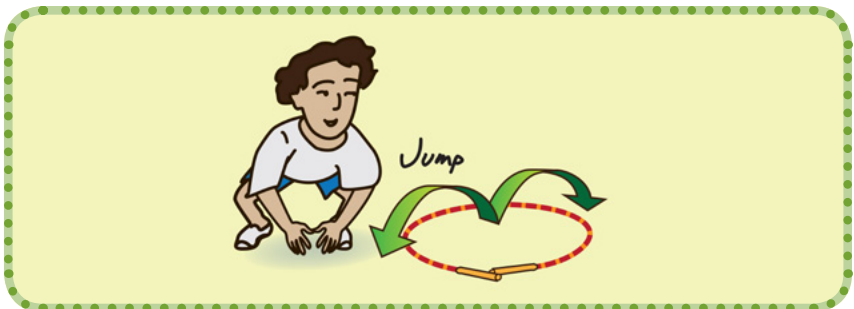
**Leap with a heel click** Jog toward the rope; leap over the circle and bring your heels together while you are in the air. (Make sure your students have sufficient space between their rope circles for this activity.)



**V-sit in the circle** Sit in the middle of the circle. Get into the V-sit position and hold the position.



**Push-ups inside the circle** Get into the push-up position, with your hands inside the circle and your feet outside.



**Jump onto the lily pad** Pretend the circle is a lily pad in a pond. Squat down like a frog in the water beside the lily pad (place both hands on the ground between your feet). Jump like a frog, sideways, onto the lily pad; then jump off the lily pad and into the water.



**Walk around the circle** Change directions every time I say "Switch."



**Repeat jumps** Jump five times inside the circle; then jump five times outside the circle.



**Jump and turn** Stand in the circle. Do a half-turn jump; jump and turn in the air so you land facing the opposite direction.