



## Jump Around!

### Description

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Students play two different jump rope games.

## Supplies

- 2 jump ropes

## How to Play

### Activity 1

1. Have students stand in a circle. Stand in the middle with one end of the jump rope in your hand.
2. On "Go" you will start turning with one end of the jump rope in your hand, the jump rope laying on the ground and the other end of the jump rope close to the children's feet. Children will try to jump over the jump rope when it gets close to them. If a child jumps at the wrong time and the jump rope touches them they must show the group their favorite dance move. Switch it up by spinning the rope faster and switching directions. You can continue playing this as many rounds as you want based on time.

### Activity 2

1. Put two jump ropes on the ground parallel to each other with 6 inches in between them. Have the group line up along one of the jump ropes. One at a time each student will try to jump across the middle without touching either of the ropes.
2. After everyone jumps across, move one rope further away from the other. The group tries to jump across again. Students who touch the rope or don't make it all the way across can continue to support the children who are still jumping and do jumping jacks along the side. You can continue

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playing this until there is only one child left or until you are out of time.

## Activity Prompts for Reflection

- How did it make you feel when you accidentally touched the rope or messed up?
- Was there anyone who encouraged you to keep trying or to do your best during this activity?
- How does it make you feel when people support and encourage you?
- What are some things you can tell yourself when something is difficult to do?

## Other Ways to Play

- Have children share some of their favorite jump rope rhymes. If time permits you can jump to these rhymes too.
- Have children help turn the rope for the other children who are jumping.
- For Activity 2 divide students into two teams. Have two teams line up in separate lines and jump across one at a time. See which team has the most players still in the game at the end.

## Additional Notes

- There are two different jump rope activities so it is important to be mindful of time. You can decide how many rounds are played of each of the two activities based on time.
- Try to eliminate downtime and keep the children jumping in a variety of ways to keep them busy and engaged.
- Use the [SEL Activity Prompts](#) to tie other SEL competencies to this activity.

### Category

1. Activities
2. Self-Awareness

### Sel-competency

1. Self-Awareness

### Allotted-time

1. 15-20 minutes

### Themes

1. Emotions