

JUMP FOR JOY JUMP ROPE GAMES

1. Helicopter

Equipment Needed: Long Jump Ropes

Set Up: No set up needed.

How to Play:

1. Instructor stands in the middle of the court with a long jump rope extended on the ground.
2. Class stands a few feet away in a circle around the Instructor.
3. Instructor starts to swing the rope around the circle in a helicopter motion.
4. Rope must stay on the ground.
5. The rest of the group has to jump when the rope gets to them.
6. If you get hit by the rope you are out.

Tips:

- The player that gets out can become the twirler.

2. Speed Jump

Equipment Needed: Jump Ropes

Set Up: No set up needed.

How to Play:

1. Instructor times class for 2 minutes.
2. Kids see how many jumps they can make.

Tips:

- Vary the type of jump they have to do.

3. Hopscotch

Equipment Needed: Cones/Chalk, Jump Ropes

Set Up: Create a hopscotch court on the blacktop with cones/chalk if there is not already one.

How to Play:

1. Have the kids jump through the hopscotch with their ropes.

4. School

Equipment Needed: Long Jump Rope

Set Up: No set up needed.

How to Play:

1. 2 people are holding the end of a long rope.
2. Kids should be in a line off to the side.
3. Instructors start swinging the rope and give out a command.
 - a. **Kindergarten-** Players run through the rope without jumping
 - b. **First Grade-** Players run in and jump once, then run out
 - c. **Second Grade-** Players run in and jump twice, then run out
 - d. This continues through 12th grade and they graduate.

5. Mouse Trap

Equipment Needed: Long Jump Rope

Set Up: No set up needed.

How to Play:

1. 2 people are holding the end of a long rope.
2. Kids line up off to the side.
3. Instructors start swinging the rope and give out a command.
4. *Clap once* players run in, clap once, and run out
5. *Touch the ground* players run in, touch the ground, and run out.
6. If they get trapped (don't make the jump) then they are out.

6. Limbo

Equipment Needed: Jump Rope

Set Up: No set up needed.

How to Play:

1. 2 people hold the jump rope tight to make a limbo.
2. Players make a straight line and go under the limbo 1 at a time.
3. If they touch the jump rope, they are out.
4. Rope should start high the first round and then get lower (more difficult)
5. No twisting or ducking to get under.

7. Simon Says

Equipment Needed: Jump Ropes

Set Up: No set up needed.

How to Play:

1. Everyone has their own jump rope.
2. Instructor also has a jump rope and is Simon.
3. Instructor yells out commands and tries to get people out.
4. Just like Simon Says.

8. HELP!

Equipment Needed: Long Jump Ropes

Set Up: No set up needed.

How to Play:

1. Two people hold the ends of a long rope.
2. 1 player starts jumping, 1 jump for each letter (everyone says- H-E-L-P).
3. Everyone keeps chanting the letters as the rope begins to swing faster and faster.
4. When the jumper finally messes up, they have to do the following challenge, if they mess up on:
 - **H-** High-water- rope can't touch the ground.
 - **E-** Eyes closed- jump with eyes closed.
 - **L-** Leapfrog- touch the ground and leap up.
 - **P-** Popcorn- rope holders wiggle the rope up and down and the jumper has to run under it without touching the rope.
5. If the player successfully does their challenge, they stay in the game. If a player can't do the challenge, they are out.

9. Lemon Lime

Equipment Needed: Long Jump Rope

Set Up: No set up needed.

How to Play:

1. 2 people hold a long rope.
2. They start swinging the rope- a slow, steady pace
3. Everyone chants: *"Lemon and Lime. Be on Time. So 1, 2 (First person in line runs in and jumps twice). 3, 4 (First person runs out and second person runs in to jump on the 3 and 4 count). 5, 6 (Second person runs out and third person runs in to jump on 5 and 6..."*
4. Keep counting up until someone messes up.
5. Object of the game is to jump on the correct beat.

Tips:

- This can be made into a competition between 2 teams (see which team can get to the highest number). Have a few practice rounds to get the beat down.

10. Stack 'EM Up

Equipment Neede: Long Jump Rope

Set Up: No set up needed.

How to Play:

1. 2 people hold a long rope.
2. Players are in a line in front of the rope.
3. Instructors turn rope over once; 1st person runs in and starts jumping.
4. Then the 2nd person runs in and joins the 1st person, they jump together.
5. Keep going to see how many people can jump together under the rope.

11. Cat and Mouse

Equipment Needed: Long Jump Ropes

Set Up: No set up needed.

How to Play:

1. Players get into groups of 4; each group needs a long rope.
2. 2 players turn the rope and two will play the game.
3. 1 child starts as a Cat, one as the Mouse
4. The Cat runs in and jumps once.
5. The cat then runs out and the Mouse runs in and jumps once (the mouse cannot start their jump until the Cat has finished).
6. While the Mouse is jumping, the Cat is running around the rope turner (they can go left or right) and goes back to jump again.
7. The Cat can "catch" the mouse by tagging her or by running in and jumping over the rope at the same time as the mouse.

12. Relay Races

Equipment Needed: Jump Ropes

Set Up: No set up needed

How to Play:

1. Place players into equal teams.
2. Use ropes for relay races, examples:
 - Run down, jump 10 times, and run back.
 - Jogging jump.
 - Run backwards, jogging jump forwards back.
 - Hula hoop races (roll hoop using hands).

13. Alphabet Soup

Equipment Needed: Long Ropes, Short Ropes

Set Up: No set up needed.

How to Play:

1. Divide the group into 2 teams.
2. Each team needs 2 long ropes and several short ropes.
3. Shout out a letter for the team to make out of the jump ropes.
4. See which team finishes 1st.

14. Cool Corner

Equipment Needed: Jump Ropes, Cones

Set Up: Create numbered corners by putting cones in different corners. Corner 1 will have 1 cone, Corner 2 will have 2 cones, Corner 3 will have 3 cones, and Corner 4 will have 4 cones.

How to Play:

1. Instruct players to pick a corner and go to it.
2. Designate a COOL KID to be in the middle.
3. Cover the COOL KID's eyes and instruct the rest of the players to pick a corner, giving them only a certain amount of time to get there. Players must jump rope to their corner.
4. COOL KID picks a corner. Whatever corner COOL KID picks, any players in that corner are out.

Tips:

- Be sure to rotate a COOL KID.
- Remind players that if the COOL KID can't hear where they are going, it will be harder for the COOL KID to know what corner has players in it.

15. Z Jumps

Equipment Needed: 3 Long Ropes or “Obstacles”

Set Up: Spread jump ropes around the playing area.

How to Play:

1. Players should be in a stack at the end of the court or blacktop.
2. There are 3 long ropes or “obstacles” for the players to jump through.
3. Ask for 6 volunteers to be rope holders at each obstacle- make sure to change these players out so they get a chance to participate. Example Obstacles:
 - 1st player runs up to the first rope, runs in, and has to perform a Can Can.
 - Then they run to the 2nd rope and do a scissors.
 - At the 3rd rope they do a leapfrog.
 - Then they run back and get in line again.
5. 2nd player can go when the 1st player is at the 2nd obstacle.

16. Banana Split

Equipment Needed: Long Jump Rope

Set Up: No set up needed.

How to Play:

1. 1 long rope and a group of children is all that is needed.
2. The jumpers form one line perpendicular to the rope.
3. The turners turn the rope 1 time toward the line of jumpers, and then 1 time away from the line of jumpers.
4. The jumpers never jump the rope; they just run under it and as the rope is reversed, come back under it, never letting the rope touch them.
5. The idea of the game is to start with 1 jumper going under and back again, then adding another jumper to go under and back again together.
6. Continue adding another jumper with each pass.
7. The game ends when a miss or a touch of the rope has happened.
8. The entire group goes to the end of the line, and the 1 left in front of the line begins the game again.

17. Don't Mess Up

Equipment Needed: Jump Rope

Set Up: No set up needed.

How to Play:

1. Everyone has a jump rope.
2. The Instructor is to call out a number and that is the number of jumps he/she has to do without messing up.
3. As time goes on increase the number of jumps for difficulty levels.
4. Once a player messes up while jumping they are out.
5. The last 1 in the game wins.

Tips:

- Older/Advanced Jumpers: Same rules but the Instructor calls out the number of jumps along with a style of jumping; i.e. - Criss-Cross, Leg Under, Scissors...

18. Circle Game

Equipment Needed: Long Rope with rolled up sock, Sidewalk Chalk

Set Up: Draw a 6 foot diameter circle on the ground.
Around this draw a 10 foot circle, then a 14 foot circle.

How to Play:

1. 1 leader stands in the middle of the circle and swings the rope around in a circle so it is about floor level at the outer edge which should be just outside the largest circle.
2. All kids stand outside the circle waiting to start.
3. On GO kids enter the circle and jump over the rope as it comes by.
4. If you land in the outer circle, he gets 1 point, second circle gets 2 points, and inner circle gets 3 points for each time he/she jumps over the rope.
5. If a kid is hit by the rope he/she loses 3 points.
6. Play until someone reaches 10 points. As the kids get better, those that move to smaller circles will accumulate points faster.

Tips:

- Do not swing the rope too high.
- The leader in the center can regulate the height of the rope by not swinging it too fast. He can swing it at his waist level which causes the inner circle to be more difficult to jump over.

20. Catch Me

Equipment Needed: Long Ropes

Set Up: No set up needed.

How to Play:

1. Divide the class into groups of 3 with 1 long rope for each group.
2. 2 children turn the rope as 1 child jumps inside.
3. The idea of the game is to have the jumper jump anywhere he/she wishes, and the turners have to follow them to keep the jumper jumping inside the rope.
4. If the jumper can continue to jump, the turners are doing a great job of keeping their eyes on the jumper, and making sure the rope goes around them.
5. This game develops concentration, endurance and turning skills for the turners and endurance and agility for the jumper. They love challenging one another.

21. Follow Me

Equipment Needed: Long Rope, Shot Jump ropes

Set Up: No set up needed.

How to Play

1. Jumpers form 1 line to enter the rope near 1 of the turners.
2. The 1st jumper enters the rope, jumps once, and exits on the diagonal going around the turner to form a new line.
3. As the 1st jumper is exiting the rope the next jumper in line must enter and jump the rope once in a follow the leader fashion, taking his/her place behind the leader.
4. This continues until all the jumpers are in the new line.
5. As the last jumper is exiting the rope, the "Leader" must enter the rope and repeat the process making a figure "8".
6. The game is actually an elimination game; however, as jumpers are eliminated they should be given a single rope to practice jumping while the "Follow me" game continues.
7. The idea of the game is to follow the leader without missing or not getting in on time. See who can last the longest.
8. As the line gets shorter and shorter, the jumping gets faster and faster.
9. The last 3 jumping are the winners.
10. Remember, each turn of the rope must have a jumper jumping it 1 time, and exiting while the next jumper is entering.

22. Coffee and Tea

Equipment Needed: Jump Ropes

Set Up: No set up needed.

How to Play:

1. 2 players (or Instructors) hold the ends of the long rope and begin swinging.
2. 1 player is it first, and begins jumping.
3. They recite this rhyme- *"I like coffee, I like tea. I want _____ to come jump with me."*
They say the name of another player, who runs in and begins jumping with the "it" person.
4. When the rhyme is finished, 1st player runs out, the 2nd player repeats the rhyme and brings a new player in.

Tips:

- If you are in a large class, split players into smaller groups.

23. Birthday

Equipment Needed: Jump Ropes

Set Up: No set up needed.

How to Play:

1. 2 players (or Instructors) hold the ends of the long rope and begin swinging.
2. 1 player is "it" first, and begins jumping and everyone recites: *"Apple, peaches, pears, and plums. Tell me when your birthday comes: January, February..."*
3. Jumper jumps until they get to their birthday month.
4. Can also be played with individual ropes.