Jumping with Friends

Goal:
- To work together to perform partner jump rope challenges

Bullying Awareness/Bullying Prevention Concepts or Goals:
- Working together
- Teamwork

Recommend Grade Level: Grades 4-8

Space or Activity Area: Area large enough to jump rope together

Equipment/Materials Needed:
- 2 - 9’ jump ropes per partnership, [W18713—Bullying Awareness Orange Beaded Jump Rope - 9’](#)

Description of Activity/Game:
- Each group will attempt to work together to attempt the jump rope challenges 10 times each.

Fitness Component:
- Cardio-vascular fitness

Skills Component:
- Jumping skills

Rules:
- Each task/challenge must be done 10X in a row without a miss
- Partners should share turning the rope

Assessment:
- Number of tasks complete
- Types of jumps completed
- Partnership success

Debriefing Ideas:
- Talk about each person’s part in the activity
- Discuss whether all rules were followed
- Discuss how working together prevents bullying
- Brainstorm about jumping challenges and techniques

Extensions:
- Increase the number of jumps for each challenge
- Increase the number of types of jumps
Jumping with Friends Challenges:
- 1 Rope 1 Person turns for both jumpers jumping forward
- 1 Rope 1 person turns for both jumpers jumping backward
- 1 Rope 1 person turns for both jumper facing each other
- 1 Rope, both turn (one with each end of rope) turning and jumping forward
- 1 Rope, both turn (one with each end of rope) turning and jumping backward
- 1 Rope, both turn (one with each end of rope) turning and jumping one forward one backward
- 2 Ropes, partners side by side, each turns one rope but they switch handles between them. Jumping is forward.
- 2 Ropes, partners side by side, each turns one rope but they switch handles between them. Jumping is backward
- 2 Ropes, partners side by side, each turns one rope but they switch handles between them. Jumping is forward on one foot.
- 2 Ropes, partners side by side but each turning their own rope. They now jump together from point A to Point B (60 feet) and back

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