# Long Jump Rope Team Activities

**Goal:**
- To perform team jump rope activities together

**Bullying Awareness/Bullying Prevention Concepts or Goals:**
- Teamwork
- Exploring different roles in group work
- Overcoming limitations with strengths

**Recommend Grade Level:** Grades 4-8

**Space or Activity Area:** A large safe area for long jump rope skills

**Equipment/Materials Needed:**
- 1 - 30’ jump rope for group of 6-12

**Description of Activity/Game:**
- The team selects 2 turners for the long rope and then attempts the following long rope activities in groups of 6-10 jumpers
- All jumpers jumping the turning rope at the same time
- One jumper enters the turning rope at a time until all jumpers are in the rope
- Two jumpers enter the turning rope at a time until all jumpers are in the rope
- One jumper enters the rope and stays until another jumper enters and then jumper #1 exits. This pattern continues until all jumpers have entered and exited.

**Fitness Component:**
- Cardio-vascular fitness

**Skills Component:**
- Jumping

**Rules:**
- Change turners every 3-5 attempts
- On any restart, begin with the next jumper in the line
- Count consecutive jumps for team totals
- Everyone should get chances as jumpers, leaders, turners

**Assessment:**
- Numbers of jumps completed on each activity
- Number of tasks completed

**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 the jumping challenges and how you attempted to complete the challenges
**Extensions:**
- Count the # of successfully completed challenges
- Count the # of jumps in each challenge
- Add more jumpers
- Change the type of jump (1 foot, blindfolded)

**Author: John L. Smith**
1989 NASPE National Teacher of the Year
FlagHouse Educational Consultant