

Jump Rope Relay

Level: 3rd grade and up

Objective: Students will practice jump rope skills in a relay.

Equipment: One jump rope per team.

Procedures:

- 1) Divide class into groups of four.
- 2) Each member of the team must run to their jumprope (approx. 30 ft. in front of them), do five jumps, and return to their team and tag the next player.
- 3) First group to finish will sit down quietly and wait for the other teams to finish.

Variations: Other jumps may include jump on one foot, jumprope backwards, jump while skip counting by fives to 50.

Assessment: Observation.