

JUMP ROPE FOR HEART EVENT IDEAS

Kindergarten – First Grade Stations

1. Tape 4 parallel lines or ropes on floor – students jump across lines with both feet, then one foot
2. Students pick a partner, then they turn rope to rhythm of music
3. Jumping Jacks
4. Single rope jumping – each student with own rope.
5. Put handles of rope in cone – high and low – jump over one and crawl under other
6. Hula Hoop Jump – or jump from spots labeled A-B-C-D or 1-2-3-4
7. Mini-trampoline station or Skip-it station
8. Pulse (just to feel pulse in neck)
9. Heart Healthy Snack Station/Water Station – pretzels, grapes, apple slices, popcorn

Grades 2-3 Stations (can do some stations above or below depending on skill level)

1. Tape 4 parallel lines on floor as above – jump over all lines on one foot (but the same foot!). Jump backwards.
2. Single ropes Scoring – with a partner, one jumps and other person counts how many without missing
3. Single ropes - with a partner – one turn and both jump together
4. Single ropes turn backward – each with own rope
5. Pulse Station – count pulse for 10 seconds
6. Water/Snack Station – see above

Grades 4-6 Stations

1. With a partner – turn double dutch
2. With a partner and single rope – one turn and both jump
3. With 4 people – three line up – one with rope jumps down the line and jumps with a different partner each turn
4. Each with own rope – jump on one foot without switching
5. Each with own rope – try cross over
6. With a partner one jumps and one counts – see who can jump most without missing
7. Water/Snack Station – see above
8. Pulse Station – count pulse for 10 seconds and multiply by 6 to get pulse rate (Max heart rate = 220-age)

All Class Together

1. Run relay while jumping rope or hula hoops (depending on grade level)
2. Tie together long ropes – see how many can jump at least once without missing. Start with about 3 students in the rope together and add more students with each successful jump. See if you can get all students jump together inside a long rope.
3. See how many students can run under a continuously turning rope. One student runs with each turn of rope without jumping through the rope turn. Count the number before someone misses or doesn't go through and try to set a class and school record.
4. Use pedometers and count all jumps.

Jump Rope Games

- **Banana Split**-One long rope and a group of children are all that are needed. The jumpers form one line perpendicular to the rope. The turners turn the rope one time toward the line of jumpers, and then one time away from the line of jumpers. 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. The idea of the game is to start with one jumper going under and back again, then adding another jumper to go under and back again together. Continue adding another jumper with each pass. The game ends when a miss, or a touch, of the rope has happened. The entire group goes to the end of the line, and the one left in front of the line begins the game again.
- **Stack 'em Up**-You need one long rope and a group of children. Jumpers form one line to enter the rope near one of the turners. With each turn of the rope, another jumper is added. The jumpers must crowd together to make room for yet another jumper. The game is over when there is a miss. The idea is to call out the number of jumpers as each new one is added, trying to beat that number each class time.
- **Cat and Mouse**-Children get into groups of four with one long rope for each group. Two children turn the rope and two play the game. As one is “out” he or she takes the rope of one turner, who becomes the challenging player, i.e., the “Cat.” The jumper who wins each bout is the “Mouse.” The Cat advances to Mouse if the Mouse misses jumping the rope, or is tagged by the Cat.

The game is played with the Mouse entering the rope and jumping one time and exiting on the diagonal, going around the turner and entering the rope on the other side and again exiting on the diagonal (figure 8 formation). The Cat may enter the rope after the Mouse has jumped once and the chase is on. They each go in the figure 8 formation jumping the rope once each time they enter. The Cat is trying to tag the Mouse out.

- **Catch Me**-Children get in groups of three with one long rope for each group. Two children turn the rope as one child jumps inside. The idea of the game is to have the jumper jump anywhere he or she wishes, and the turners must follow to keep the jumper jumping inside the rope. 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. This game develops concentration, endurance and turning skills for the turners and endurance and agility for the jumper. They love challenging one another!
- **Follow Me**-You need one long rope and a group of children. Jumpers form one line to enter the rope near one of the turners. The first jumper enters the rope, jumps once and exits on the diagonal going around the turner to form a new line. As the first 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 or her place behind the leader. This continues until all the jumpers are in the new line. As the last jumper is exiting the rope, the “Leader” must enter the rope and repeat the process making a figure 8. This game is actually an elimination game, but as jumpers are eliminated they should be given a single rope to practice jumping while the game continues.

The idea of the game is to follow the leader without missing or not getting in on time. See who can last the longest. As the line gets shorter and shorter, the jumping gets faster and faster. The last three jumping are the winners. Remember, each turn of the rope must have a jumper jumping it one time, and exiting while the next jumper is entering.

- **Collision (or Weave)**-One long rope and a group of children. This game is very similar to Follow Me. The jumpers form two lines, one by each turner, on the same side of the rope. With each turn of the rope, one jumper enters the rope, jumps once and exits on the diagonal going to the end of the other line. As that jumper is exiting the rope, the first jumper in the opposite line must enter, jump once and exit on the diagonal going to the end of the line on that side. As the rope turns, the jumpers are criss-crossing through the middle, one jumper per turn of the rope. The idea of the game is the same as in Follow Me. The last three jumpers are the winners.

Jump Rope For Heart is for all ages! Do you work with students who can't quite turn the rope and jump it? Try these ideas to keep the kids moving:

- Jump over a rope on the floor, or a rope held a few inches off the floor
- Hopscotch
- Hula Hoops
- Rope hurdles
- Bunny Hop
- Dots in circle – jump from dot to dot
- Limbo
- Hippiety-Hop obstacle course or relay
- Snake -Wiggle rope back and forth or up and down while kids jump over it
- Skier and side-to-side jumping over ropes that are placed on the ground
- Baby's Cradle – long rope sways side to side instead of making a full turn, student jumps over it
- Turn rope at side while jumping to get the rhythm, increasing eye hand coordination
- Be very quiet and listen to their hearts, perhaps using stethoscopes
- Jump up and down a lot and put their hand on their heart to feel the beats
- Trace their outlines onto construction paper and locate the heart on the drawing
- Learn some jumping rhymes
- Alphabet Soup: have the students form letters, numbers and shapes with their jump ropes and their bodies

Additional Tips:

1. Have a rest station where kids do workbook sheets from our Teacher's Resource Guide, create posters to promote heart-healthy living, check their heart rates, watch the demo team tape, etc. You could also have a tribute station where students fill in hearts or trace hearts onto a banner and fill in who they are jumping for.
2. Have a refreshment station, e.g., water bottles, sports drinks, juice, pretzels or sliced oranges donated by cafeteria, local grocery stores or PTO.