



Here are a few of our favorite jump rope games for different ages and learning goals.

1. Jump the River

In Jump the River, players are going on a journey and need to jump over any rivers (parallel jump ropes) they find. Use this game to help younger kids practice jumping skills. They can jump with two feet, one foot, or with a twist. Connect to a science or history lesson by using butcher paper instead of ropes and letting kids draw the river-bank scenery in advance.



2. Snake

In Snake, an ordinary jump rope suddenly becomes a giant python! Two players hold the ends of the jump rope close to the ground and move it back and forth to make it slither like a snake. Other players take turns jumping over the snake. This game helps kids develop the coordination needed for jump rope and double dutch later on.

3. Helicopter

"Helicopter, helicopter, over my head, I choose a color and the color is red!" In this game, the leader twirls a jump rope on the ground; players jump into the circle and try to jump over the "helicopter blade" if they are wearing the color or item the leader calls.

4. Cat and Mouse

In Cat and Mouse, jump rope skills become a matter of survival. This game combines jump rope and tag to keep all players moving through the rope. Players run and jump in a figure eight then get back in line; the goal of the mouse is to jump without getting tagged; the goal of the cat is to jump and tag the mouse.

5. Zero, 1, 2, 3

In this version of jump rope, less-skilled jumpers get just as much rope time as their more skilled peers. Each player runs through the rope on their first turn, jumps once on their second turn, then jumps three times, and so on. When players miss a jump, they re-do that number the next time through.

6. Jump Rope Challenge

Make jump rope a team sport. Teams of jumpers compete against each other and work together to figure out how to get the most jumps. Every team member must jump at least once.

7. Big list of jump rope rhymes

This is the biggest list of jump rope rhymes we've found online, with plenty of old and new favorites. <https://buyjumpropes.net/resources/jump-rope-rhymes-songs-buyjumpropesnet/> Just a sample below:

I Eat My Peas with Honey

I eat my peas with honey,
I've done it all my life.
It looks a little funny.
But it keeps them on my knife.
How many peas can I get on my knife?
1, 2, 3,

50 Cents

I asked my mother for fifty cents
To see the elephant jump the fence.
He jumped so high he touched the sky,
And never came back till the Fourth of July
(Jump higher and higher)

Cinderella dressed in yella,

Went downstairs to kiss a fella,
Made a mistake and kissed a snake.
How many doctors did it take
1, 2, 3,

Cookies, Candies in a Dish

Cookies, candy in the dish;
How many pieces do you wish?
1, 2, 3, 4,

Policeman, Policeman, Do Your Duty

Policeman, policeman, do your duty,
Here comes (name of next jumper)
And she's a cutie;
She can jump, she can twist,
But I bet she can't do this