

# Jump Rope Fun!

$$1 + 2 = 3$$



## Jump Rope Math

Give a math equation to solve, like  $2 + 5$ . The jumper repeats the math equation and then jumps the answer (in this case, they would jump 7 times). Use more complicated equations to practice math and jumping skills.



## Helicopter!

To play this game, you need a group of kids, a long rope, and sidewalk chalk. Make a large circle on the ground (its diameter should be twice the length of your rope) and mark a spot for each player around the end of the circle. One player stands in the middle while the rest stay in their spots around the edges. This central player holds the rope up high and swings it in a circle while saying: "Helicopter, helicopter over my head, I choose a color and the color is ... "

Once she names a color, she begins rotating the rope along the ground. When the other players hear the color name, anyone who is wearing that color steps forward and tries to jump over the rope. If anyone steps on the rope, the central player starts over.



## Snake in the Grass

This game is perfect for toddlers and preschoolers. Two people hold the ends of the rope, making sure it's flat on the ground. Shake the rope so it looks like a snake, while the kids jump over it. If your foot touches the rope, it's your turn to shake it!