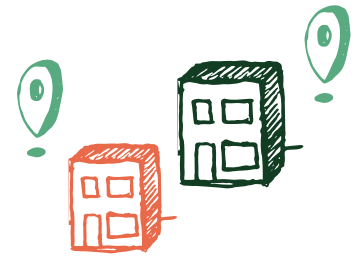
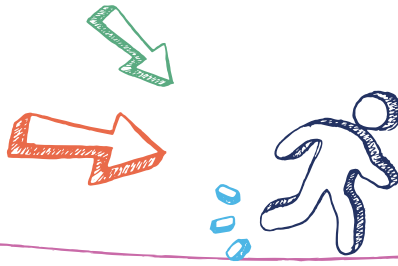




JUMP ROPE

Can you be the best jumper?

A-Z



HOW TO PLAY GET JUMPING!

- > Make your loop using rope, a skipping rope or tape
- > The loop needs to go around the outside of the feet of two people (see the video for guidance)
- > Make sure there's enough space for the 'jumper' for good jumps from one side of the loop to the other
- > First jump with one side of the loop between both legs
- > Then jump to the other side of the loop between both legs
- > Do this 3 times!
- > Then jump with both feet inside the loop (in!)
- > Then jump with both feet outside the loop (out!)
- > Then jump with both feet on the lines of the loop (on!)

SUITABLE FOR: All ages

TAKES: 20-30 minutes



YOU WILL NEED:

- > Floor space
- > Something to make a loop to jump over – this could be a piece of rope, skipping rope or you could use tape!



SAFETY...

As with any activity consider the space e.g. may need to move tables and chairs



Why not try?

- > Hop forward, backwards or sideways
- > Doing this activity with another person in the house
- > **For parents and children over 13 years of age:** Filming the activity on your phone and see what other families are doing. You can post on Twitter @JoinUsMovePlay or Facebook #JUMPAthome

REMEMBER

This is a family activity so 2 people can take turns being the loop while the other is the jumper!



CHALLENGE!

Try different jumps! Maybe two feet together or a spin in the air!



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For more fun activities visit:
JUMPATHOME.ORG

