

# JUMP ROPE

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**Objective:**

Communication  
Teamwork  
Problem-solving

**Group Size:**

Groups of 8 - 12

**Materials:**

Long, heavy rope (about 50 – 75 ft.)

**Set – Up:**

You'll need another person to swing the rope with you (or maybe trade off with the group)

**Instructions:**

1. Each person needs to jump one time as the rope is going, and run out the other end. Keep going until they're successful (or if they want to stop).
2. Each person finds another person, and as a pair, they need to jump one time and then exit.
3. Each pair needs to find another pair and jump together.
4. The entire group needs to jump one time and then exit.

**Alternatives:**

If the group wants an additional challenge, they can see how many times they can jump successfully.