

JUMP FOR JOY JUMP ROPE

Jump For Joy Jump Rope

Jump up! Jump out! Jump for joy! Join Overtime Athletics for our energetic and exciting jump rope program. You'll learn the basic skills of jumping using long and short ropes. We'll begin with solo jumping and from week to week sprinkle in some trick jumping as skills improve. We'll play games and learn jumping rhymes like "Cinderella", "Bubble Gum", and "Miss Mary Mack". An activity good enough for boxers and ballerinas alike, come see why the American Heart Association outreach and awareness program is driven by Jump Roping! Health. Moves. Minds. Let's GO!

Skills to focus on: Solo jumps, group jumps.

Facilities: Outdoor or indoor facilities work.

Safety: Everyone needs to be aware of their surroundings. Do not start jumping if you have not looked all around you. You do not want to hit anyone else. Make sure that no kid twirls jump ropes one handed (lasso style).

Tips: Incorporating rhymes, games, contests and challenges will make this program exciting. More than any other program OTA offers, this class is OK to get student ideas and input regarding things they want to try or games they want to play. Demonstration is tremendously important for this activity. Be sure to use any visual tactics to describe games or teach skills. Younger children have trouble swinging the ropes themselves.

Skills – Solo Jumping

1. Basic Jump
2. Jogging Jump
3. Backwards Jump
4. Criss – Cross
5. Side Swing
6. Double Jump
7. Scissors
8. Jumping jacks
9. Can Can
10. Skier
11. High-water
12. Friend Jump
13. Heel Exchange
14. Toe Exchange
15. Backwards 180

Skills – Group Jumping

1. Rope Turning
2. Running In
3. Running Out
4. Leapfrog
5. Pop Up
6. Turning Around

Jump Rope Games

1. Helicopter
2. Speed Jump
3. Hopscotch
4. School
5. Mouse Trap
6. Limbo
7. Simon Says
8. HELP!
9. Lemon Lime
10. Stack 'Em Up
11. Cat and Mouse
12. Relay Race
13. Alphabet Soup
14. Cool Corner
15. Z Jumps
16. Banana Split
17. Don't Mess Up
18. Circle Game
19. Catch Me
20. Follow Me
21. Coffee and Tea
22. Birthday

Jump Rope Rhymes

1. Cinderella
2. Ice Cream
3. Bubble Gum
4. Miss Mary Mack
5. I Had a Little Puppy
6. Teddy Bear
7. Blue Bells
8. School, School
9. Here Comes Mrs. Smith
10. 3 Blind Mice
11. Jack Be Nimble
12. Strawberry Shortcake