



AGE GROUP : MULTI-AGE

JUMP ROPE CHALLENGE

YOUR CHALLENGE? PLAY VARIOUS JUMP ROPE GAMES.



REQUIRED MATERIALS

- JUMP ROPES
- JUMP POSTERS (SEE FOLLOWING PAGES)

HOW IT WORKS

1. SET UP JUMPING AREAS

The number of jumping areas can vary according to the number of campers. Print out the jump posters and put them up in various locations to mark the jumping areas. Feel free to check out our suggestions on the following pages.

2. PLAY JUMP ROPE GAMES

Put on some music to create a fun and festive atmosphere, and get jumping! Ask campers to move to another jumping area every 5-10 minutes so they can try new tricks and games!

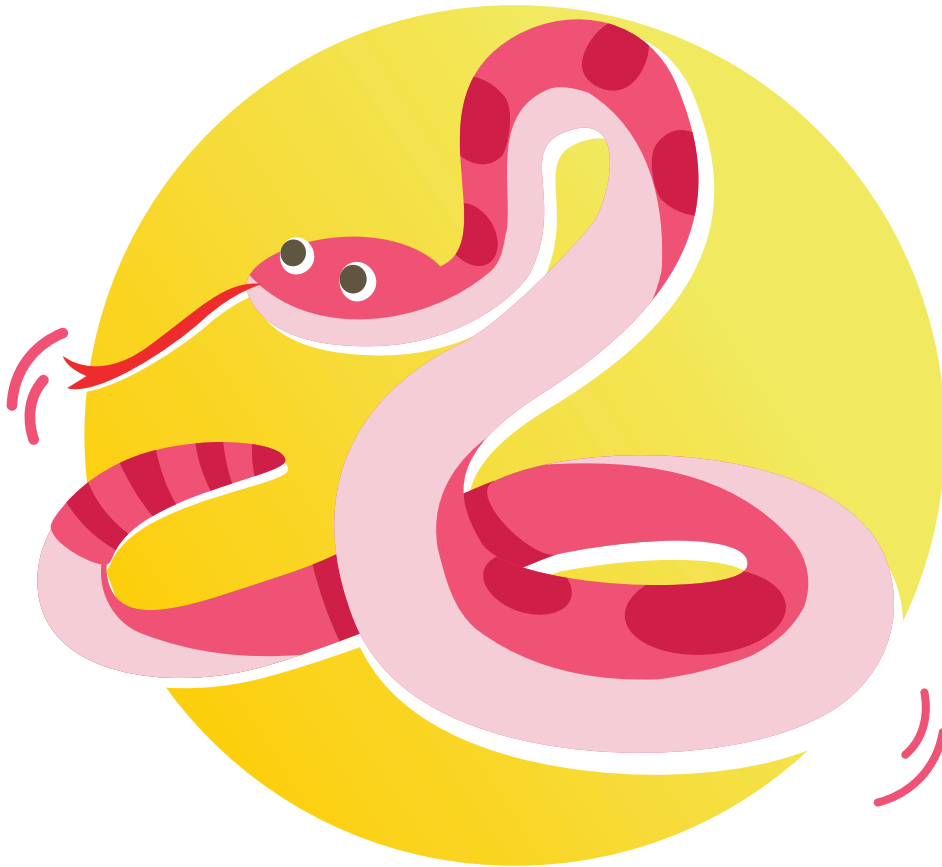
3. SHARE YOUR EXPERIENCE WITH US

Don't forget to take a photo of the activity and send it to info@tremplinsante.ca!



FOR YOUNGER CAMPERS

THE SNAKE



Two campers (the wigglers) stand at each end of a long rope, which is laying on the ground. The two campers wiggle the rope from left to right like a snake. In turn, the other campers take turns jumping over the "snake" without touching it. If a jumper touches the snake, he switches places with one of the wigglers.



FOR YOUNGER CAMPERS

THE HULA-HOOP



Instead of skipping ropes, young campers can start by jumping into a hoop, it is easier to handle than a jumping rope because it keeps its shape. By holding the hoop with both hands from above, the campers turn it down and jump over it when it comes up underneath their feet.



FOR YOUNGER CAMPERS

PENDULUM



The two kids holding the rope swing it right and left until it almost touches the ground without making a full loop. Their comrades take turns jumping one, two or three times and come out of the rope. After they all had a turn, the rope is raised a few inches and the game continues. Those who miss their jumps are eliminated.



FOR YOUNGER CAMPERS

HELICOPTER



A camper stands in the middle and holds one end of the rope. He keeps the rope on the ground and slowly turns on himself gliding the rope on the ground. The other kids have to jump over the rope without touching it when it approaches. Often change the turner to avoid dizziness!



FOR OLDER CAMPERS

THE DUO



Two campers can jump together with one rope. They stand side by side: one holds one end of the rope with the right hand and the other hold the rope with left hand. They can also stand face to face: one of the campers holds both handles of the rope. When he turns the rope, both jump in unison.



FOR OLDER CAMPERS

THE CLOCK



Two kids are spinning the rope. The jumpers line up on the outside of the rope and take turns passing underneath it. On the next turn, they jump once and come back out, then twice and so on up to 12. Those who miss their jump or make a mistake then go to turn the rope which allows for a rotation in jumpers and spinners.



FOR OLDER CAMPERS

THE TRAIN



Two kids are spinning the rope. The others line up outside of the rope. The first jumper comes in and says "One!". They enter one after the other saying their number. The goal of the game is to have the most youth jumping simultaneously without one of them missing.



FOR OLDER CAMPERS

FREE JUMP



Free jumps can be done in groups or by all campers (depending on the available space). They may use single or double ropes to practice or try new jumping tricks!