

Ways to teach kids how to jump rope.

- Lay jump rope on ground and let children explore by practicing jumping over it landing on other side with success
- Put streamers on end of rope and extend rope at a selected height in the air. Let the children jump up at try to reach the streamer with their hands.
- Lay a rope down as a measure and have children practice jumping as far forward as they can again measuring with the jump rope that is extended on the ground.
- Use a rope with streamers or another object held by two students or suspended along a wall or other strong object. Let children practice jumping over this at low heights. Practice jumping on one foot and two feet, as well as landing on one and two feet.
- Place masking tape on wall near area where kids will jump, attempting to practice jumping as high as possible in preparation for jump roping.
- Place hoops around gym area and have kids practice jumping over the hoops and coming to a stop position upon landing. This will help teach the kids to absorb the landing in a soft manner. Also have children use swinging of arms to power up during jump phase.
- Have children jump to a song, practicing jumping in a cadence as they will with jumping rope. They will all try jumping to a particular cue or sound, then all try landing at the same time, keeping a consistent rhythm or cadence.
- Starting with groups of three, have two children hold rope on either end, with one jumper in the middle. The two on the end will start swing the rope with the jumper attempting to get the timing down. The children will rotate often to each get a chance.
- Children can attempt to hold their own rope, swinging while trying to get the jumping cadence down. #5 - have them work on jumping over and back over a rope or line on the floor.
- Jump over a sneaky snake rope - one that is being moved along the ground.
- -Jump over a low height object - such as a dome cone.
- Put rope in hands and have them bring it over but stop rope at their feet first, then jump.
 - bring rope over and try to jump 2 times in a row, with stopping rope at feet first and then jumping.
- - bring rope over and jump w/o stopping.