

Jump Rope Games

- **Cat and Mouse**

Children get into groups of four with one long rope for each group. Two children turn the rope and two play the game. As one is "out" he/she takes the rope of one turner and that turner becomes the challenging player, the "Cat". The jumper who is the winner of each bout is the "Mouse". The Cat advances to Mouse if the Mouse misses jumping the rope, or is tagged by the Cat.

The game is played with the Mouse entering the rope and jumping one time and exiting on the diagonal, going around the turner and entering the rope on the other side and again exiting on the diagonal (figure "8" formation). The Cat may enter the rope after the mouse has jumped once and the chase is on. They each go in the figure "8" formation jumping the rope once each time they enter. The Cat is trying to tag the Mouse out. **Great for 2nd and up.**

- **Banana Split**

One long rope and a group of children is all that is needed. The jumpers form one line perpendicular to the rope. The turners turn the rope one time toward the line of jumpers, and then one time away from the line of jumpers. The jumpers never jump the rope, they just run under it and as the rope is reversed, come back under it, never letting the rope touch them. The idea of the game is to start with one jumper going under and back again, then adding another jumper to go under and back again together. Continue adding another jumper with each pass. The game ends when a miss, or a touch of the rope has happened. The entire group goes to the end of the line, and the one left in front of the line begins the game again. **Great for K, 1st and 2nd.**

- **Stack'em Up**

One long rope and a group of children. Jumpers form one line to enter the rope near one of the turners. With each turn of the rope, another jumper is added. The jumpers must crowd together to make room for yet another jumper. The game is over when there is a miss. The idea is to call out the number of jumpers as each new one is added, and trying to beat that number each class time. **Great for 1st and up.**

- **Follow Me**

One long rope and a group of children. Jumpers form one line to enter the rope near one of the turners. The first jumper enters the rope, jumps once, and exits on the diagonal going around the turner to form a new line. As the first jumper is exiting the rope the next jumper in line must enter and jump the rope once in a follow the leader fashion, taking his/her place behind the leader. This continues until all the jumpers are in the new line. As the last jumper is exiting the rope, the "Leader" must enter the rope and repeat the process making a figure "8".

This game is actually an elimination game, however, as jumpers are eliminated they should be given a single rope to practice jumping while the "Follow Me" game continues.

The idea of the game is to follow the leader, without missing or not get in on time. See who can last the longest. As the line gets shorter and shorter, the jumping gets faster and faster. The last three jumping are the winners. Remember, each turn of the rope must have a jumper jumping it one time, and exiting while the next jumper is entering. **Great for 4th and up.**

- **Collision** (or Weave)

One long rope and a group of children. This game is a variation of, and looks very much like the game of "Follow Me". The jumpers form two lines, one by each turner, on the same side of the rope. With each turn of the rope, one jumper enters the rope, jumps once, and exits on the diagonal going to the end of the other line. As that jumper is exiting the rope, the first jumper in the opposite line must enter, jump once, and exit on the diagonal going to the end of the line on that side. As the rope turns, the jumpers are criss-crossing through the middle, one jumper per turn of the rope. The idea of the game is the same as in "Follow Me". The last three jumpers are the winners. **Great for 4th and up.**

- **Catch Me**

Children get in groups of three with one long rope for each group. Two children turn the rope as one child jumps inside. The idea of the game is to have the jumper jump anywhere he/she wishes, and the turners have to follow them to keep the jumper jumping inside the rope. If the jumper can continue to jump, the turners are doing a great job of keeping their eyes on the jumper, and making sure the rope goes around them. This game develops concentration, endurance and turning skills for the turners and endurance and agility for the jumper. They love challenging one another! **Great for 3rd grade and up.**

Spelling Hipp-o-pot-a-mus

You've got the hip (*put hand on hip*)

The "O" (*put arms up in the air in the shape of an O*)

The "Pot" (*put arms in front of you -- still in the O shape -- imagine you're hugging a big pot in front of you*)

The "Toe" (*lift one of your legs up and touch your toe with your hand*)

And the "Miss"! (*stop the skipping rope by jumping over it, one leg on each side, when it's on the ground*)

Human Cat's Cradle

Materials: a long rope (a climbing rope is good)

People: 4-5

How to "Play": Tie the two ends of the rope together and try to play cat's cradle using the people in place of hands. Tip – use your arms and legs as you would your fingers. It also helps to have a mini cat's cradle going at the same time to see how the rope should look! Have fun!