

Fit Kids Healthy Kids – My Clipboard

Lesson 1

Jump up and Grab the Rope!

Game Description:

A warm up or cool down game that focuses on a vertical jump. All you need is a rope.

Objective:

To jump up as high as you can and grab the rope.

Game Rules:

Have two leaders hold up a rope just high enough that it is difficult for a child to jump up and reach it. Have the children line up single file. The first child will go under the rope and jump as high as he or she can while attempting to grab the rope. This child will then go to the back of the line and wait for their turn again.

Adaptations (optional):

Hold the rope higher or lower for shorter and taller children, but be sure to make this a challenge for each child.

AGE:

2 to 3 years
4 to 6 years

TYPE OF ACTIVITY:

Skill instruction
Warm up/Cool down

SPACE NEEDED:

Large Space (Gym,
Multipurpose Room,
Playroom)
Medium Space (Classroom,
Empty Room)
Small Space (Hall,
Furnished Room)
Field / Park

HOW MANY LEADERS ARE NEEDED:

2 Leaders

HOW BIG OF A GROUP IS NEEDED:

Small group (3-5 kids)
Medium group (6 - 15 kids)

TYPES OF SKILLS PRACTICED:

Balance
Coordination
Jump
Strike
Track