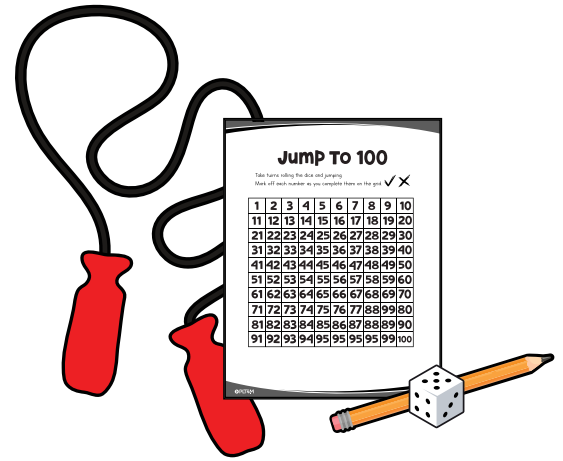


# Jump To 100

An individual, turn based jump rope activity designed to help students practice up to 6 consecutive jumps.



## Standard Aligned:

- **PreK-2:** 1.2.16 Demonstrates jumping rope in a non-dynamic environment.
- **3-5:** 1.5.6 Demonstrates jumping rope in a variety of practice tasks.

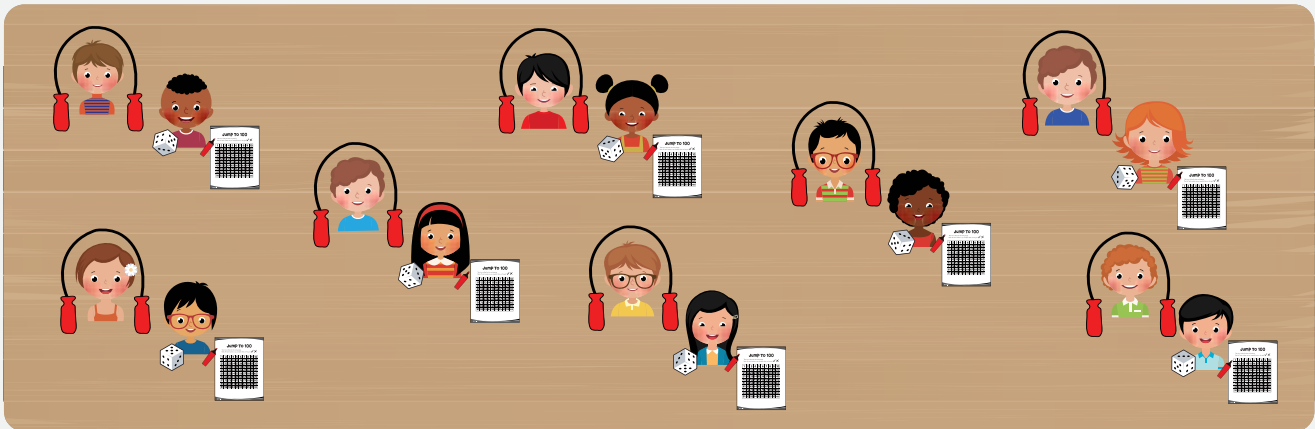
## Equipment:

- 1 Jump Rope Per Student
- 1 Number Grid Per Group  
(Pencil if printed or dry erase for laminated sheets)
- 1 Dice Per Group
- 1 Writing Utensil Per Group  
(Recommendation: Laminate sheets or use dry erase pockets)

## Game Set Up:

Students partner up and spread throughout the gym with jump ropes, 1-100 sheet, dice, and writing utensil.

**Picking Your Jump Rope Size:** Find a jump rope that is near your armpits/shoulders when you stand on the bottom and hold up the handles.



## Directions:

1. On the start signal, partners take turns rolling the dice and jumping. Partner 1 rolls the dice and shouts out the number. Partner 2 must jump rope.
2. As partner 2 jumps, partner 1 marks off how many jumps they are doing on their sheet.
3. Switch roles and repeat the steps alternating the person jumping and marking the sheet.
4. When finished, students can practice different jumps and tricks until the rest of class is done or time is up.

## Best Practices:

- This activity is best suited for grades K-2.
- A fun variation of this game is to play 1-50=forward jumps and 51-100 = backward jumps.
- If you have an odd number of students, a group of 3 can take turns jumping, marking the sheet, and resting.
- If you don't have pencils or dry erase markers available, you can use a coins (pennies) or small poker chips like a game piece to move across the number grid.