

A Fun, Unique Jump Rope Activity: Chinese Jump Rope Patterns

Share the Wealth Conference

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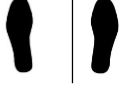

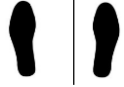





Dr. John Oppliger

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Diamonds

- Start facing the rope
- Hook your right toe under the rope closest to you
- Step up and over the rope furthest from you
- With your left foot, step in the rope
- Turn to face an ender and stand in a wide foot position.
- “Jump turn” inside the rope while spelling your name/vocabulary word
- On the last jump, the jumper jumps out of the ropes to a “straddle” position

American

- Start in an “out” position on the right side 
- Jump to “right straddle” 
- Jump to “left straddle” 
- Jump to “right straddle” 
- Jump “home” (out) 
- Jump “In” 
- Jump “Straddle” 
- Jump “In” 
- Jump “On” 

Mascot

➤ Starts in the “out” position facing the rope



➤ Jump “on” to the first rope



➤ Jump “on” to the second rope



➤ Jump “on” to the first rope



➤ Jump “home”



➤ “Jump turn” “in”



➤ Jump “straddle”



➤ Jump twist



➤ Jump “straddle”



Sailboat

- Start by hooking your toe on the first rope
- Step over the second rope
- Hook your toe on the second rope
- Step over the first rope
- 7 count split jumps (with ropes around your ankles)
- On the 8th count “jump turn” out of the ropes to a “straddle”