INVISIBLE JUMP ROPE

Ready

• Music and player (optional)
• 1 invisible jump rope per student (*This is the best kind of jump rope because they don’t take up any space and won’t get tied in knots!*)
• Jump Around Station Cards (optional)

Set

• Students standing behind their desks with chairs pushed in.

GO!

1. Today’s Classroom ASAP is called *Invisible Jump Rope*. The object is to try all of the jump rope tricks as they are called out.

2. *(Call tricks 1 at a time. Use Jump Around Station Cards if needed. Allow students to show their amazing skills with an invisible rope for 10-20 seconds before moving to the next trick. Try each trick forward, then backward.)*

3. **Individual Tricks**
   • Jog and Jump
   • Single Bounce
   • Hop
   • Skier

4. **Partner Tricks**
   • Front to Front
   • Back to Back

5. **Challenges**
   • How many compliments can you give others on their fabulous skills?
   • **Create a Routine** – With a partner, create a 1 minute invisible jump rope routine. (No, the routine isn’t invisible, just the rope.)

6. **Teaching Tips**
   • Use music for added rhythm.
   • Be sure there is enough room between students – invisible jump ropes really sting!