JUMPROPE ACTIVITIES

With the rope on the ground:
- Step over the rope
- Crawl over the rope
- Start at one end of the rope and walk with 1 foot on either side of the rope.
- Start at one end and crawl with the rope between the hands and legs.
- Start at one end and step over and back across the rope.
- Sit down and snake the rope.
- Snake the rope and have someone jump over it.
- Limbo
- Create a pathway with the ropes-push the wheelchair through the course keeping the wheels between the rope.

With assistance:
- Have the student hold one end of the rope and snake it.
- Have the student hold one end of the rope and swing it back and forth.
- Swing the rope back and forth and have someone jump over it.

Using pompoms/shakers/jumprope handles only:
- Hold one in each hand and shake.
- Shake high and low.
- Shake fast and slow.
- Shake in a big circle, small circle.
- Shake and walk forward.

Using an indoor Hopscotch:
- Set up a pattern and walk through.
- Have the students help set up a different pattern and walk through.
- Drop a bean bag into a square and step over it.

Using a Hula Hoop:

**Set it on the ground**
- Have the student walk in and out of the hoop.
- Walk around the hoop.
- Put 1 foot in the hoop and 1 out of the hoop-walk around the hoop.
- Crawl in and out of the hoop.
- Drop a bean bag into the hoop.

**Hold the hoop up and down**
- Step through the hoop.
- Toss a bean bag through the hoop.
- Two partners hold the hula hoop, string a rope between the hoop and move from one end to the other. Try not to let the hoop touch the rope.