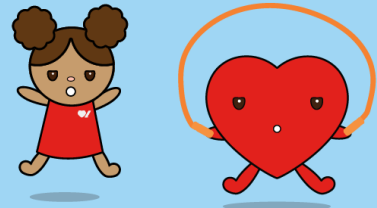




# Jump Activity Guide



## Jump Activity Guide

Welcome to your Jump Event! The following guide will provide you with helpful tips and ideas you can use for planning your Jump Event. Your Event can be customized for your school, whether you would like to run a full day of activities for your entire student body or have a Jump Event Week and celebrate during regularly scheduled gym periods.

There's also much more to a Jump Event than skipping rope, alone. Jump is about getting students moving and their hearts beating faster. Whether it's a rousing game of shadow tag or seeing how many arm circles students can make in 40 seconds, we want all students to have fun participating in Jump.

Since this year is also Jump's 40<sup>th</sup> birthday, we've created a list of 40 activities you can include in your Jump Event – including some that are based on the number 40.

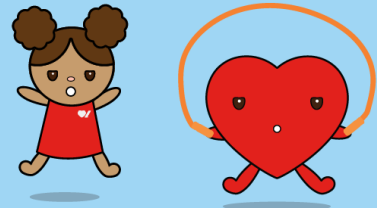
Don't forget to visit the [Teachers' Corner](#) section of our website for additional tools and resources to help you run an unforgettable Jump Event!

*It is up to each school to ensure you are following local public health and school board rules and policies for your event activities.*

1. [In School Event Ideas](#) (p. 2)
2. [Virtual School Event Ideas](#) (p. 3)
3. [At Home Event Ideas \(for parents\)](#) (p. 4)
4. [Event Resources](#) (p. 4)
5. [Event Day Activities](#) (p. 5)



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# In-School Event Ideas:

1. If your school yard is large enough, set up different stations and have classes take turns visiting each station throughout your Event. Stations can include: skipping, an obstacle course, hula hoop activities, and more. [Click here](#) for more activity ideas.
2. Have each class participate in their own classroom – play Simon Says, musical moves or other games that get hearts pumping!
3. Host Jump over the course of a week and have classes participate during their scheduled physical education class. Set up different skipping stations using Jump Rope for Heart [Skipping Skills](#) posters and have students complete each activity as part of their Jump Event.
4. Play this [Jump Event Day Video](#) in every classroom and have students get moving in their classrooms!

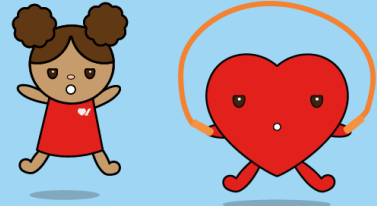
### Tips:

Encourage all participants to wear red and take a photo and videos of their activities. Share them on social media using [#JumpRopeforHeart](#).

[Play music](#) during your activity to promote movement and generate fun and excitement. Since it's our 40<sup>th</sup> birthday, we've created a special [Jump Playlist](#) with music from the past 40 years!



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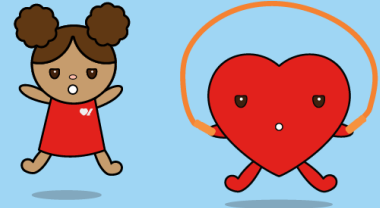


# Virtual School/Classroom Event Ideas:

1. Organize a date and time to air the [Jump Event Day Video](#) in all your online classrooms to get all students participating in Jump!
2. Have every teacher get their students to learn a new skipping skill or fun movement and demonstrate it in the virtual classroom! Provide each student with a digital [participation certificate](#) to celebrate.
3. Select a virtual school-wide event day and have students in every class spend 30 minutes skipping or doing a physical activity with their families. Encourage them to take videos and pictures and post on social media using #JumpRopeforHeart and tag your school. Compile the videos and photos you receive and put together a slideshow to share with the school!
4. Have every virtual classroom dedicate a date & time to complete activities such as musical jump and activity dice or flash cards. For more activity ideas [click here](#). Make it a challenge and see which classroom can complete the most activities during the time frame you select!



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# At Home Event Ideas (for parents):

1. Download the [Jump Event Day Video](#) and follow along with your child to get moving!
2. Keep things moving and continue your event day after watching the video. Turn on the music and move to the beat, practice skipping skills or find a trail or park to visit as a family – the fun ideas are endless! [Click here](#) for more activity ideas.
3. Once complete, download a [participation certificate](#) for your child and celebrate!

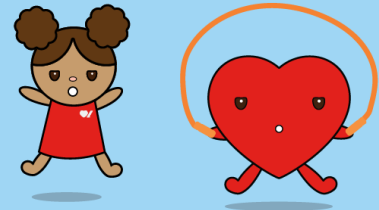
## Event Resources:

Click the links below for even more resources or visit the [Teachers' Corner](#) at [www.jumpropeforheart.ca](http://www.jumpropeforheart.ca):

- [Jump Playlist on Spotify](#)
- [Skipping Skill Posters](#)
- [Digital Participation Certificate](#)
- [Jump Event Day Video](#)
- [Jump Skipping Demo Video 1](#)
- [Jump Skipping Demo Video 2](#)



# Jump Activity Guide



## Event Day Activities

### Activities with a Skipping Rope:

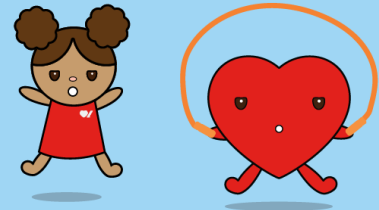
1. **Jumping over ropes:** Participants jump, move or roll back and forth over a rope placed on the ground or jump from side to side from one end of the rope to the other.
2. **Jump-scotch:** Ropes or colourful tape are placed on the ground to outline an area into which children can toss an object and jump or move on vacant spaces to retrieve it.
3. **Free skip:** Skip and try new tricks or count how many times you can skip without stopping.
4. **Snake (K-Grade 2):** Lay a long rope on the ground and have participants stand on either side of the rope. Have two people hold the rope close to the ground while moving it back and forth so it ripples from side to side like a snake. Young children can jump over the rope and try not to let their feet be touched by the “snake”.
5. **Around the world:** One person stands in the middle and spins the rope in a circle across the ground. The other people must anticipate and jump over the rope as it passes them by. The object is not to touch the spinning rope.
6. **Skipping rope or broomstick limbo:** With two participants holding the ropes or stick on opposing sides, kids can line up and go under the rope/stick without any body parts or mobility equipment touching as they go underneath. Once everyone in the line has tried going underneath, lower the rope/stick to increase the challenge.

### Activities that do not involve a Skipping Rope:

7. **Musical moves:** Kids move while music is playing and freeze when it pauses.
8. **Activity dice or flash cards:** Jot down a unique physical activity for each number on a pair of dice (or a single die) or even create flash cards. Activities could include jumping or seated star jacks, hopping on one foot, sit-ups, stretching or arm circles. Parents or teachers call out the activity that is rolled on the dice or comes up on each flash card for kids to do!
9. **Hula hoop activities:** Have a hula hoop contest! How long can you keep it swinging? How many times can you jump using it instead of a skipping rope?



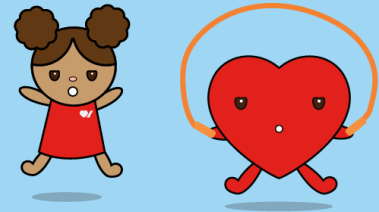
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10. **Animal tracks (for little ones):** Kids imitate different types of animal movements.
11. **Hopscotch:** Using sidewalk chalk, draw a few hopscotch boards on a paved area. Be as creative as you like, adding numbers, colours or pictures. Give students instructions about which square to move on. For example:
  - *Move to primary colours only*
  - *Move to odd numbers only*
  - *Move to squares that have a picture of...*
12. **Simon Says:** Incorporate heart-pumping activities, like Simon says, “do 10 jumping or seated star Jacks” or “wave your arms as fast as you can”!
13. **Bingo:** Create a bingo card and have different fitness challenges on each square. The teacher calls out different activities for students to do until students complete their cards.
14. **Play games:** Play games like tag, hide and seek or musical chairs
15. **Obstacle Course:** Set up your own indoor or outdoor obstacle course. Create a sidewalk chalk “obstacle course” in the school yard, asking students to do various dance moves or exercise moves at each station. Let your students pick the different stations and decorate the pavement with sidewalk chalk.
16. **Frisbee Golf:** *(Requires soft foam discs)* Have students take turns throwing soft foam flying discs into buckets, baskets, cardboard boxes and other goals positioned all around your outdoor playing space.
17. **The Bean Game:** To play this game, students should move around the gym or playground. When they hear the name of a different type of bean, they perform the appropriate action as listed below.
  - Dancing bean - dance on the spot
  - French bean - stop and say “Bonjour!”
  - String bean - stretch up to make a long, thin shape
  - Jelly bean - wobble like jelly
  - Baked bean - curl up into a round shape
  - Chilly bean - shiver and shake
18. **Popcorn:** Students move around the playground or gym in any direction. When you say the word “Popcorn!” followed by a number, players must get into groups of that number with the closest people around them at the time.
19. **Move Back:** *(Requires Hula hoops)* Two students stand approximately 3 metres apart and roll the hoop to one another. If you catch it, move one step back. If you miss, you move one step forward. See how far apart you can get.



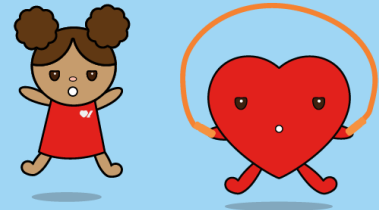
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20. **Shadow or Noodle Tag:** Shadow Tag is a variation of the traditional game of “Tag” and great for a sunny day outside. Students tag each other’s shadow instead of tagging their body. Use foam noodles as a variation, where students have tag someone by touching them with a noodle.
21. **Bandana Badminton:** *(Requires cotton bandanas, flyswatters or make your own paddles)* You can use flyswatters as a raquet or make your own with paper plates and popsicle sticks. Use the paper plate “paddles” to keep a bandana up in the air. Can be played individually or in pairs.
22. **Red Light, Green Light:** A teacher stands at one end of the playground. They are the traffic light. The rest of the students are at the other end of the playground. When the traffic light faces the group, s/he says, “Red light!” and everyone must freeze.  
  
The traffic light then turns his or her back and says, “Green light!” while the group tries to get as close to the traffic light as possible. The traffic light turns around quickly, again saying “Red light!” and if anyone is spotted moving, they must go back to the starting place. The first person to tag the traffic light gets to be the next traffic light.
23. **Donut Jumps:** *(Requires Hula hoops or skipping ropes)* Place a hula hoop on the ground or make a circle with a skipping rope on the ground. Students jump into the circle, then out.
24. **Bust a Move:** Students go back and forth between two points while moving in different styles. You can choose different animals, dance styles or facing different directions (move backwards or sideways).
25. **Hula Hootenanny** *(Requires Hula hoops or large paper cutouts of different shapes)* This game is like musical chairs but without elimination. Make a circle on the floor with eight to 10 hula hoops or with paper cutouts of different shapes. Have students move in single file around the perimeter while the music plays. When the music stops, they must put a foot or arm inside the hoops/shapes (more than one student can put their foot/arm in the same area). Take away one hoop or paper shape and start the music again.
26. **Alphabet Shapes:** Students move their bodies to represent different letters of the alphabet. See if they can spell their names!
27. **Bubble Pop:** *(Requires soap solution and wand)* Create bubbles with a wand and challenge your students to pop them all before they touch the ground.



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28. **Scatter Ball:** *(Requires 3 beach balls)* Students spread out over the designated playing area and a beach ball is tossed into the air. The objective is to keep the ball in the air using any part of the body. Once one ball is up, get two or three balls going at the same time.
29. **Topple Ball:** *(Requires cones and balls. \*Tip – use some of the balls that you received in your registration kit.)* Divide students into teams of four and set up one cone per team with a tennis or wiffle ball balanced on top.
- Have students take turns rolling other balls toward the cones, trying to topple them over. When the ball on top falls, the student who toppled it must retrieve it within five or ten seconds to win a point for their team. They also must set up the cone and ball on top for the next teammate to take their turn.
30. **Bowling:** Create a bowling alley using empty plastic bottles. Students can kick or roll a ball to try to knock down the bottles.
31. **Bed Sheet Ping Pong:** *(Requires flat bed sheet or parachute and a ping pong ball)* Players are divided into two teams and hold a bed sheet on opposite ends. A ping pong ball is placed onto the sheet. The sheet is then raised or lowered. The object of the game is to get the ping pong ball to fall off the other team's side of the sheet.

### Celebrate Jump's 40<sup>th</sup> birthday with activities around the number 40:

32. How many skips can you do in 40 seconds?
33. Do jumping or seated star jacks for 40 seconds.
34. Have a 40 second dance break.
35. Dribble a basketball 40 times.
36. How many arm circles can you do in 40 seconds?
37. Turn up the music and have a group 40 second air drum solo.
38. How many bean bags can you toss through a hula hoop in 40 seconds?
39. Create a 40-item scavenger hunt.
40. How far can you get in 40 steps or 40 turns of the wheels on a wheelchair?