



Rope Shape and Jump

Equipment Needed

A skipping rope or some string.


How to play

Use your skipping rope to make a shape such as a square, triangle or rectangle on the ground in the playing area. Jump from corner to corner using different jumping techniques. For example, jump two feet to two feet, one foot to two feet, one foot to the other foot, one foot to two feet.

Remember to land correctly in the toe-ball-heel formation.

Stand in the middle of your shape and jump to land facing another side of the shape, for example, a $\frac{1}{4}$ or $\frac{1}{2}$ turn.



Adapted from  [Move Well, Move Often - Activity Book, page 130](#)