

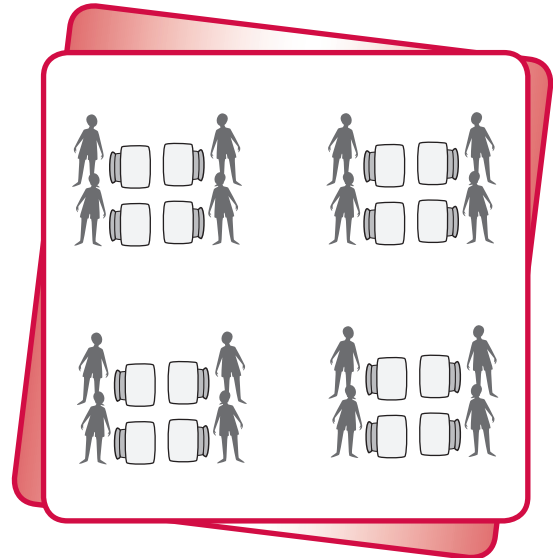
# INVISIBLE JUMP ROPE

## 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
  - Bell
  - Crossovers
  - Side Swing
4. **Partner Tricks**
  - Front to Front
  - Back to Back
  - Back to Front
  - Side by Side
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!