

HELICOPTER JUMP ROPE

OBJECT OF THE GAME:

Jump over the jump rope every time it comes your way!



WHAT YOU'LL NEED:

- 1 Jump rope
- Chalk (optional)
- 2 or more players



INSTRUCTIONS:

Setup: Stand players in a circle. (If desired, you may draw a circle on the ground with chalk and players can stand on the line.) One player will stand in the middle of the circle with a jump rope, acting as the "helicopter".

Playing the Game: To start the game, the "helicopter" will drag the jump rope across the ground in the circle. Other players will jump over the rope as it comes their way. If they touch the rope or do not jump, they are out. To get back in the game, the player must complete 5 jumping jacks!

