

JUMP ROPE MATHS

For as long as many of us can remember, jump rope has been a popular form of play. And whether they're skipping to a rhythm, playing a jump rope game or practicing their jump skills, children can gain a number of benefits from this old-school playground activity.

Jumping over a skipping rope improves coordination and acts as a calming technique. It also helps with the development of your brain, which can improve reading skills, memory and make you more alert. This fun-filled maths game can be used to reinforce important number skills.

This activity can be played alone or with up to six children.

WHAT YOU WILL NEED



A SKIPPING ROPE OR A LONGER DUTCH JUMP ROPE

HOW TO PLAY EACH GAME:

GAME 1

Give each child a maths question to solve, like $2+5$. The jumper repeats the math equation and then jumps the answer (in this case, they would jump 7 times).

Try more complicated equations to practice maths and jumping skills.

Top tip: Mix it up by giving the jumper a word to spell and take a jump for each letter.

GAME 2

Use the rhythm of the skipping to practice multiplication tables, starting with the 2 x's table. See how far they can get without making a mistake.

Top tip: If you have more than one child, you could ask a multiplication question, like 5×5 and the winner is who can skip the answer correctly or fastest.

GAME 3

Test their ability to measure time, either by counting their skips over a set distance or skipping continuously for one minute.

GAME 4

This variation involves three or more kids using a longer double dutch rope. On each end of the rope is a "turner," and in the middle is the "jumper." The two turners each yell out a number. The jumper combines the numbers (either multiplies, adds or subtracts depending on the rules you decide to use) and jumps the answer.

Turn it into a competition by making it an "elimination" game. For example, if you have six kids, two are turners and four are jumpers. The jumpers form a line and take turns jumping. If someone jumps the wrong number, or makes a mistake while jumping, they are eliminated. The last jumper remaining wins.