

HELICOPTER

READY

EQUIPMENT:

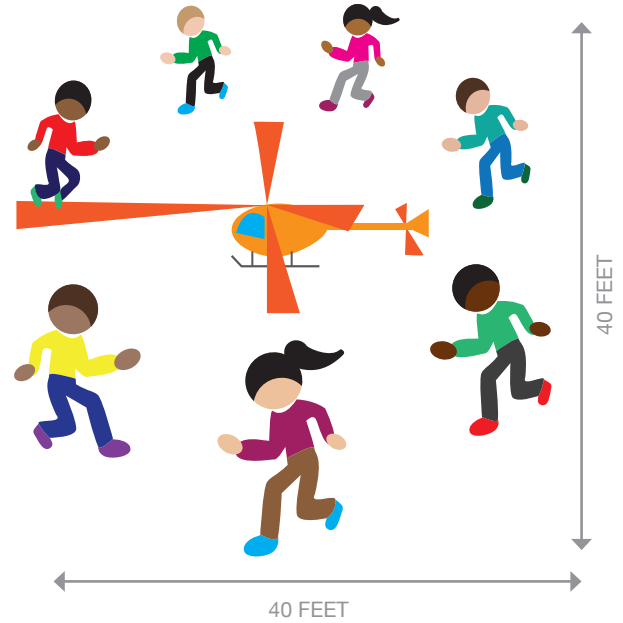
1-2 LONG DOUBLE DUTCH ROPES

SET-UP:

STUDENTS FORM A CIRCLE

NUMBER OF PLAYERS: 8 +

TIME: 15 MINUTES +



EXPLAIN

- 1 Form a circle and stand 6 feet away from each other.
- 2 This jump rope is the helicopter.
- 3 Jump over the helicopter every time it comes near your feet.
- 4 If the helicopter touches your feet, step back and do four lunges.
- 5 Rejoin the game.

✓ For Understanding:

- What do you do when the helicopter comes near your feet?
- What happens if the helicopter touches you?

GAME TIP:

- Don't let players handle the jump rope.

CONFLICT RESOLUTION TIP:

- Don't let students handle the jump rope.

INDOOR TIP:

- Have more than one game going to decrease waiting time.

CATEGORY:

JUMP ROPE

ENVIRONMENT:

AUDITORIUM
 CAFETERIA
 CLASSROOM
 HALLWAY
 GYMNASIUM
 LIBRARY
 PLAYGROUND

GRADES:

K-5

FITNESS FOCUS:



BACK-UP GAMES:

LAVA LEAP
 STICKS
 WATERFALL

PLAY → REP IT OUT!

- **EASY:** Use one jump rope.
- **MEDIUM:** Use two jump ropes.
- **HARD:** Jump on one foot.