

# Jumping Rope

Jumping rope goes back to ancient times, in Egypt and China. Throughout history, jumping rope was mainly an activity meant for boys, as it was seen as improper for girls to be jumping up and down. It wasn't until the 1800s that jumping rope became both a boys and girls activity. While jumping rope is obviously an exercise meant to build endurance and muscles, kids have managed to make it fun!



## Jump Rope Moves

- Scissor Jumps: land with one foot forward, then on the next jump switch feet.
- Cross Jumps: land with feet crossed like an X, then apart, then crossed again.
- Duckie: land with heels apart, toes and knees pointed in; then on next jump, put heels together and toes and knees pointed out.
- Swing: land on one foot and swing the opposite leg out to the side, then switch on next jump.
- Side Swing: Twirl rope to one side, repeat on the opposite side with each jump.
- Bell: Jump forward and back with each skip.
- Straddle: Jump with your feet straddled out, then jump with them straddled in.
- Crossover: Cross your arms and jump, then open the rope up and jump. Repeat over and over.
- Twist: Jump and rotate hips to the right, then jump center, then jump and rotate hips to the left.

## Jump Rope Chants

“Down in the valley  
Where the green grass grows,  
There sat Janey  
Sweet as a rose.  
Along came Johnny  
And kissed her on the cheek.  
How many kisses  
Did she get this week?  
1, 2, 3, 4, 5...”

“Cinderella, dressed in yellow  
Went upstairs to kiss her fellow  
Made a mistake  
And kissed a snake  
How many doctors  
Did it take?  
1, 2, 3, 4, 5...”

“Ice cream soda,  
Lemonade punch.  
Tell me the name  
Of my honey-bunch  
A, B, C, D, E...”

“Miss Mary Mack, Mack, Mack  
All dressed in black, black, black  
With silver buttons, buttons, buttons  
All down her back, back, back.  
She asked her mother, mother, mother  
For 50 cents, cents, cents  
To see the elephants, elephants, elephants  
Jump over the fence, fence, fence.  
They jumped so high, high, high  
They reached the sky, sky, sky  
They never came back, back back  
Till the 4th of July, ly, ly!”

“Down in the valley where the green grass grows,  
There sat May pretty as a rose.  
Up came Jim and kissed  
her on the cheek,  
How many kisses did she get this week? 1, 2, 3...”