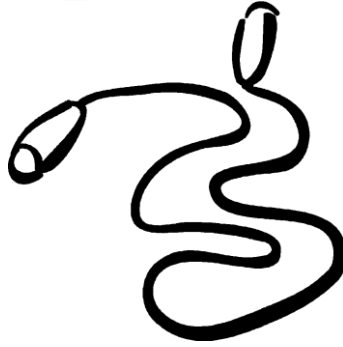


# 5210 Jump Rope Contest



## **Equipment needed:**

10 jump ropes

1 stop watch

1 white board (or similar) to record winners from round 1

Access to official 5210 sports drink (WATER)

## **Space needed:**

This event can be held either indoors or outdoors

Enough space for 10 students to jump without

## **Round 1: Endurance (how long can you jump?)**

Students will start with a jump rope endurance contest.

10 students will jump at one time. The students will be timed for up to 5 minutes. The 2 students who jump the longest will have their names recorded so they can be called to participate in round 2. Students who stop jumping for 5 or more seconds are withdrawn from the contest.

## **Round 2: Speed (how fast can you jump?)**

The 2 winners from each round advance to the speed contest.

The students who jump the longest from each group will then move on to the speed contest, where they will see who can log the most jumps in a minute. 10 students will jump at one time. The speed round lasts for exactly 60 seconds. Each student will need to have a designated counter that will count the number of jumps for only that student (counters will need to be focused as some students can jump fast!).

**There will be separate contests for students up to 3<sup>rd</sup> grade and 4/5<sup>th</sup> grades. Jump rope activities are not only fun, but a great way to be active indoors.**