Group Jump Rope

Type: _____ Introductory ___X___ Working _____ Closing _____ Game

Low Risk – Getting to know each other	Growing Risk – Personal awareness	Ending – Saying goodbye	Active Exercise – For group building and fun

Optimum Group Size: 6 or more

Materials Needed: One very large rope (climbing ropes work great) or several jump ropes tied together

Outline of Activity:

Ask for volunteers to turn the jump rope. Challenge the group to get as many people jumping at once as possible. The group may decide to have everyone jump in while the rope is turning. Or, everyone may start in the middle before the rope starts turning and it is turned for them to jump over. This is a problem-solving exercise.

Once everyone in the group has jumped once (if this occurs), challenge the group to jump as many consecutive times as possible as a group.

Goal:

For people of different skill levels to work toward a common goal

How to Process:

If jumping rope is easy for you, did you get frustrated during this activity at all?
Why or why not?
If jumping rope is difficult for you, how did you feel about this activity?
Were others patient with you?
Is everyone who is on the same team always working at the same skill level?
How do you handle being on a team of people who have all different skill levels?

Source or Submitted by: Teambuilding Activities for Every Group