

# Jumping Your Hurdles

## 7. Jump In

**Spatial Requirements:** Gym/outdoor space required

**Activity Type:** Movement/group

**Grades:** K-12

**Group Size:** 5 or more

**Time:** 15 minutes

**Introduction:** As we look at solutions to problems, we need to consider the possible consequences. Quite often, the first solution to a problem is not the best. When this is the case, we jump back up, re-evaluate, and keep our minds open to alternatives. Sometimes we need to listen to input from others. Once we have looked at available options, we can make a decision. This activity reinforces this important principle.

**Materials:**

- A long, thick rope that can be used as a jump rope. This rope should fit as many class members jumping in it as possible at one time.

**Activity:**

You may want to get another adult to help you turn the rope to give plenty of height and consistency. For the first part of this activity, students will go through the jump rope one at a time, jump once, and run out the other side. The object of this portion is to not mess up the motion of the rope. If anyone does mess up, everyone that has gone through must start over. The group will need to figure out what the best order is for the students to pass through the rope. After a couple tries, they will see that the best strategy is to have the worst jumpers go first, so if they don't make it, less people will have to start over. Encourage students to cheer and be supportive of their classmates, regardless of their abilities. If this is too easy for your class, you may have them race against a clock or divide into teams and race.

After completing this task, challenge the group to create a strategy to get as many people as possible to jump at least one revolution of the rope at the same time. If they mess up, then all the jumpers must exit and start over. After a period of time, if you see only the same few trying to get in, make the jumpers who are in when the rope is stopped be the last ones in the next time.

Variation: Have the group go through the rope in twos, threes, and fours.

**Processing the Experience:**

- What problems did you encounter during this activity?
- Was your first solution the best solution? Why or why not?
- How often did you stop the activity and take time to think and talk about alternatives you could try?
- When we have a problem, what should we do when we don't have success the first time?
- Describe a situation where a decision you make can impact others.