

Everyone should be able to participate in a Jump Rope For Heart event, even younger students or students with special needs. Here are some suggestions for modifying a Jump Rope For Heart event:

Modifications Using a Jump Rope

- Jump in place while holding a rope without turning it.
- Jump over a jump rope stretched out on the floor or gently swinging only a few inches above the floor.
- Swing the rope from side-to-side without jumping.
- Stand next to a jumper, but outside the arc of the rope, and jump in the same rhythm.
- Swing a rope overhead and let it stop at your toes before jumping or stepping over it.
- Form letters, shapes and numbers using the jump rope. (Example: Solve an addition problem ($2+2=4$) and then design a “4” on the ground using a rope.)
- Limbo-Two children hold the jump rope horizontally while the other students pass under it. Lower the rope slightly for each pass.
- Hopscotch-Toss beanbags or other objects into an area or shape outlines by a rope, then hop or jump into the shape to retrieve the object.
- Follow a rope path laid out on the floor.

Modifications Without a Jump Rope

- Jump in place without a rope. Consider taping an “X” on the floor to increase coordination and control: jump without moving off the X; jump on and off the X.
- Jump in and out of Hula Hoops placed on the floor: jump in and out forward/backward; jump in, turn around, jump out. (Hula hoop can be taped to the floor if needed.)
- Jumping Jacks-Starting in a standing position, jump to a position with legs spread and hands touching overhead. Jump back into the original position.
- Bunny Hops-Take small jumps around an area or follow a specific path.

Ideas for Wheelchair Users

- Pull self along the length of a rope that is secured horizontally. The level of the rope can vary from waist height to overhead.
- Maneuver wheelchair in and out of cones set in a line or large circle.
- Roll wheelchair over the rope then back over it.

Additional Tips

- To increase awareness of the rope, attach bells to the center of the rope.
- Have a partner clap or call “jump” to help signal when to jump.
- Encourage students who don’t want to participate in activities to volunteer their time in other ways. They might serve drinks at the refreshment center, change the music CDs or serve as timekeepers.