



Jumping Rope



Most toddlers and preschoolers don't know how to actually jump rope so improvise to get in some jump rope fun and get out all that energy!

1. Lay the jump rope out straight on the ground and walk next to it, like you would a balance beam.
2. Practice jumping over the jump rope with both feet off the ground.
3. Wriggle the rope and the kids jump over the wriggling snake.
4. Make shapes with the jump rope. Show your child how to make the shape, and then have your child make the shape themselves.
5. Practice jumping over the rope on one foot.
6. Practice jumping backwards over the jump rope on the ground
7. Lay the jump rope straight on the ground to create a line and bounce a ball back and forth. Over the line.
8. Lay the jump rope out in a swirl or other crazy shape and have your child follow the path.

If your 5-year-old wants to practice jumping, give them a hula hoop and encourage them to bring it up over their head and jump. The hula hoop is easier for little hands to control.

For children who have mastered jumping, here are some rhymes:

Bubble gum

Bubble gum
In a dish.
How many pieces do you wish?
1,2,3,4,5,
(Jumper keeps counting until they miss)

High, low, medium slow

Jolly old pepper and away we go.
(on pepper go fast)

Mable, Mable

Neat and able.
Set the table
Don't forget the salt and pepper!
(Swing really fast on pepper).
Sent from my iPad.

Peel a banana upside down

See if you can touch the ground
(the jumper touches the ground)
If you spell your name correct
You will get another chance
(the jumper then spells her name)



CFCE Program

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