JUMP ROPE 5K

The Goal:
To jump rope with a partner for 5 full minutes.
Demonstrate aerobic capacity.

What You Need:
1 jump rope per student, Stopwatch, or 5-minute timer

How To Play:
- Find your pulse and count your heartbeats for 10 seconds. Now, multiply that number by 6. That number is your Beats Per Minute (BPM) before the Jump Rope 5K. Get ready with a jump rope and enough space to jump rope safely.
- On the start signal, all participants begin jumping rope with basic 2-foot jumps.
- Continue jumping rope for 5 full minutes with no breaks or and no resting.
- If you make a mistake with your jump rope, that’s okay. Just start jumping again right away. It doesn’t matter how many jumping mistakes you make.
- On the stop signal, find your pulse and count again. What is your BPM after the Jump Rope 5K?