

Go Outside

Rope Skipping Relay

What you need:

2 jump ropes

How To Play

A piece of rope is necessary for each team. Find a starting line and a turn around line. At the signal to go, the first member of each team skips rope forward to the turn around line. While still skipping, turn around and run back to the starting line and hand the rope to the next person on the team, who repeats the performance of the first. Each player must skip the rope at least six times in each direction. The last member of the team to the turn around line and back finishes the relay.

