

Cooperative Group Jump Rope

Source: Chuck Wurth. It has been used at 4-H Camp Palmer Inc. for many years. Was learned from Karl Rohnke, Project Adventure, Inc. Kendall/Hunt Publishing Co. Dubuque Iowa.

Background:

One of the many activities that can be used to help leadership, cooperation and problem solving develop in a group.

Objective:

To cooperatively have everyone jump the rope at least once while having at least one participant jump the rope every time the rope rotates.

Time required:

Depending on the group's creativity and the facilitator's restrictions I would allow one half hour for a group of 15 to 30, but do not be surprised if it goes longer or shorter.

Materials:

One piece of rope 50 feet long with a diameter of ½" to 5/8" would be the best choice. That would be a 11mm rope to anyone with access to old climbing rope. Will also need a wide-open space to swing the rope and allow participants room to enter and exit the jump rope.

Directions:

- Place the rope in the center of the activity area
- Everyone must jump the rope at least one time before the activity is finished.
- The ones turning the rope must also be a part of the rope jumping.
- If the rope touches a participant the whole group must start from the beginning.
- If the group fails to have someone jumping on each rotation, the whole group must start over.
- The rope turners must do complete 360-degree rotations of one turn each 5 seconds or faster.
- When all of the requirements have been accomplished, the group is finished.
- Facilitator or leaders must not help group solve problems, only observe
- If the group gets creative, yet does not break any of the above criteria they are successful.

Processing:

- Did this seem like an easy task at the beginning?
- What did the first 10 minutes of this activity look like?
- When did you see progress that you felt good about?
- Who took on leadership roles? Was there a leader?
- What have you discovered about yourself?
- What have you discovered about this group?
- How can you take something from this activity and apply it in your life?