



MATH FOR ALL

Jump Rope Math

Hopping, skipping, and jumping are great ways to get your body moving and your heart pumping. Get your brain moving too with this counting challenge.

Here's the question:

How high can you count while hopping, skipping, or jumping?

ENDURANCE: Count together while doing the same exercise. The person who lasts the longest wins.

DISTANCE: Jump together while counting. Do you both go the same distance for the same number of hops or jumps?

SPEED: How many jumps can you jump and count in a minute?

THINKING: Can you think of any way to count while **skipping** that gets you to a higher number for the same number of skips?

