

Group Jump Rope

30' rope

Given a long piece of rope, group tries to jump rope simultaneously. (Easier to start with simple task – one or two people – and work up to larger goal gradually). See how many consecutive jumps the group can do.

Variations:

- Start off with one person jumpropeing and with each turn of the rope add one person till your whole group is in.
- As the rope is turning, youth try to run through it one at a time. When each have gone through then they pair up and run through in doubles. Every time everyone has gone through they group up into groups that are one person larger than the time before. So after they go through in doubles, then they get into groups of three and all three have to run through together and so on. There should be a group going after each turn of the rope, without missing a rotation. See what the biggest group they can get to run through at one time. Try to see if they can form the new group and run through without missing a turn.

Discussion:

- How did you feel when you missed a jump? Why?
- How should we treat people who make mistakes?
- Did you set a goal? How are goals useful?

Gospel Topics & Scriptures:

Building the Kingdom = D&C 97:15-19; D&C 138:53-54

Wisdom & Order = Mosiah 4:30; D&C 89:18-21

Goals/Purpose/Desires = 1 Nephi 6:4; 2 Nephi 31:13; D&C 6:3,8