

SC YLT

Super Jump Rope

The Adventure:

From Wonder Woman's Lasso of Truth to Batman's Batrope, superheroes love ropes! Ropes are not only useful—they can also be fun!

As a Lodge, try jumping rope as a team. You can even make up a chant. Once you have mastered jumping one rope as a group, try adding a second!

Safety Note:

What should everyone wear to stay safe while jumping rope?

How can you make sure your jumping area is safe?



Online Resources:

- Batman – Rope (youtube.com/watch?v=tiR-Lb8Hros)
- How the jump rope got its rhythm (ted.com/talks/kyra_gaunt_how_the_jump_rope_got_its_rhythm/transcript?language=en#t-12243)

MALAK'S MAPLE

Leadership: Teamwork



Plan:

- Who will turn the rope, and who will jump? How will you decide?
- What chants can you say to help jump as a team?

Do:

- Jump rope as a team!

Review:

- What do you know now that you did not know before?
- How did you jump as a group and not trip over the rope?
- How did the Beavers turning the rope work together?
- What did you most enjoy about jumping rope? Jumping? Turning the rope? Chanting?