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!

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?

Online Resources:
• Batman – Rope (youtube.com/watch?v=tJR-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)

Safety Note:
What should everyone wear to stay safe while jumping rope?
How can you make sure your jumping area is safe?