

CHALLENGE CARD

DVD

Jumping Machine

Equipment

One long rope approximately 30 feet (9 meters) long.

Starting Position

All group members stand next to the long rope as it lies on the floor.

Our Challenge

The group masters the task when all group members have completed 10 consecutive jumps without a miss. For a jump to count, all jumpers must jump at the same time. The turners must turn the rope in normal rope-jumping fashion.

Rules and Sacrifices

1. Only one group member may be at each end of the rope as a rope turner.
2. The 10 jumps must be consecutive. If a miss occurs, the task begins again.
3. The turners must turn the rope so that it goes over the heads and below the feet of the jumpers.
4. Counting does not begin until all jumpers are jumping.
5. The group should count aloud.
6. No one should call others by their last names or use put-downs.

ORGANIZER CARD

DVD

Jumping Machine

Questions

1. What equipment do we use?
2. How many jumps must we accomplish?
3. Do our jumps have to be consecutive?
4. What do we do if we miss?
5. Must the rope pass over our heads?
6. Do we count our jumps aloud?
7. When do we start counting our jumps?
8. Do we actually have to jump the rope?
9. Can you think of any safety issues that we should discuss?

From *Essentials of Team Building* by Daniel W. Midura and Donald R. Glover, 2005, Champaign, IL: Human Kinetics.

Reprinted, by permission, from D. Glover and D. Midura, 1992, *Team building through physical challenges* (Champaign, IL: Human Kinetics), Appendix.