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# JUMP ROPE 5K

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## The Goal:

To jump rope with a partner for 5 full minutes.
Demonstrate aerobic capacity.

## What You Need:

1 jump rope per student, Stopwatch, or 5-minute timer

## How To Play:

- Find your pulse and count your heartbeats for 10 seconds. Now, multiply that number by 6. That number is your Beats Per Minute (BPM) *before* the Jump Rope 5K. Get ready with a jump rope and enough space to jump rope safely.
- On the start signal, all participants begin jumping rope with basic 2 -foot jumps.
- Continue jumping rope for 5 full minutes with no breaks or and no resting.
- If you make a mistake with your jump rope, that's okay. Just start jumping again right away. It doesn't matter how many jumping mistakes you make.
- On the stop signal, find your pulse and count again. What is your BPM *after* the Jump Rope 5K?

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