



Jumping Jack Flash

Revised from Diversity in Action, Chappelle & Bigman 1998.

Materials

20 foot rope

Task

To have each member of the team jump one at a time through a spinning rope so that the rope never turns without someone being in there to take a jump: i.e. a player cannot just run through, a jump must be taken.

Rules

1. Each person must take a turn and jump through a spinning rope.
2. There must always be at least one person in the middle jumping over the rope.
3. If the rope makes a turn without someone completing a jump, everyone must begin again, even those who have successfully made it through.

Facilitator

1. Secure a volunteer to help you swing the rope, or have two participants swing the rope.
2. Be aware of mounting frustrations, and if needed call a time out to explore what is working for the group, and what is the problem that they are continuing to face.

Processing of Experience

How did you decide to organize yourselves so everyone would go through?

Who knew how to jump rope in this group?

How did you learn it? Did you teach it here? How?

Was jumping the rope threatening to anyone? What was threatening about it?

What could have been done to make things easier?

How did individuals fit into the group as part of the whole?