Physical Therapy Activity of the Week

What can you do with a jump rope besides just jumping?

Jump ropes are a fun, inexpensive and open ended toy. There are so many activities you can do with them. Here are just a few to try with your preschooler.

1) Snake: Tie one end of the rope to a sturdy object and move the other end back and forth. Have your child try to step over, leap over or just jump without the rope touching their feet. Vary the speed and distance based on how your child moves over the rope!

2) High Water/Low Water: Invite two children, or adults to take the ends of a long jump rope, holding it so the middle lies on the ground. Ask the children to form a line and take turns jumping over the rope. After the last child has had a turn, the rope is raised a little bit higher. Ask the children to continue raising the rope after each round. Encourage them to think of ways to get over the rope without touching it. When the rope gets too high for the children to jump over safely, invite them to bend underneath it, limbo-style. A child who touches the rope will leave the line to hold an end.

3) Balance Activities: Lay a large rope on the ground and tell your preschoolers to walk the rope like a tightrope walker. See who can walk the rope without falling off. Tell him to put his hands out to the side to help him balance. Make the activity harder by laying the rope in a zigzag pattern or in a circle. Other challenges for the preschoolers include having them walk the rope backwards or balance a beanbag on their head while walking the rope.