



Rope Jump Challenge

- * Students will be assessed by either another student (older grades) or the teacher/adult (younger grades) using a stop watch.
- * When student begins jumping rope, the timer will start.
- * Students will jump as long as they can jump.
- * Once student stops jumping the timer will stop.



45 seconds is a Bronze Level!

90 seconds is a Silver Level!

3 minutes is a Gold Level!

*Students who earn any of these levels will get their name on a certificate to be placed on the wall.