

Jump Rope Bowling

by

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Objective:

- Students will practice various jump rope skills.
- Students will learn how to keep score and keep score in bowling.
- Students will work cooperatively with a partner.

Equipment:

- One (1) jump rope per partnership.
- One (1) pencil per partnership.
- One (1) *"Jump Rope Bowling Score Sheet"* per partnership.

Procedures:

- Students should be in partners, 2 students per group.
- Each student will be given two (2) attempts to complete the specific jump, ten (10) times in a row, without a miss.
- If all 10 jumps are completed, with no misses, on the 1st attempt, the student earns a STRIKE worth 20 points.
- If all 10 jumps are not completed on the 1st attempt, the students are given a 2nd attempt to complete all 10 jumps, in a row, without a miss.
- If all the remaining jumps required to complete the 10 jumps in a row are completed, with no misses, on the 2nd attempt, the student earns a SPARE, worth 15 points.
- Total jumps from the 1st and the 2nd attempt are added together for the student's score, if the student does not complete a STRIKE or a SPARE.