**Jumping Machine**

**Description**

Two members of the group turn a long skipping rope (climbing rope)

Other group members try to jump the rope at the same time for 10 consecutive times.

**Equipment**

One long skipping rope (climbing rope)

**Rules**

* Only one person at either end of the rope. All other group members are jumpers
* The jumps must be consecutive
* The rope must pass over the head of the jumpers and below their feet.
* If they miss, then start again, until 10 consecutive jumps are completed.