



## **JUMP!**

(USA 2008)

85 minutes

Grade 5-9

### **Summary:**

A rousing and fast-paced documentary about competitive jump rope, JUMP! follows five teams from around the United States who push their physical and psychological limits in pursuit of winning the World Rope Skipping Championship. The sport is part extreme athletics, part art form and the kids create masterfully choreographed moves that burst with rhythm, sweat and originality. Throughout drilling and mind-boggling performances, these unexpected trailblazers reveal what makes them tick and what sets each of them apart. In the end, determination, rivalry and collaboration converge with dramatic and unexpected results.

### **Curriculum links:**

Health, PE, Language Arts, Art, Social Studies, Science

### **Discussions and activities to complete before or after viewing the film:**

1. Research jump rope/skipping
2. After viewing the film draw a map and track where the students traveled
3. Predict what the movie will be about
4. Write your opinion of jump roping/skipping
5. Create your own jump rope routine
6. Have a jump rope competition in your school/class
7. Research what is involved in becoming a competitive jump roper
8. Debate whether you think jump ropers are high-end athletes or not
9. Create a vision board for your life
10. Discuss how the students' lives would change after this experience
11. How did these students make a difference? Create a poster
12. Learn about the physical, emotional and mental toughness needed to be an athlete.