Elementary Jump Rope Lesson 3

Lesson Development

Skill Development
  Basic Skill Instruction – TSW practice jumping off of the ground using one foot and two. TSW learn the basic concepts of jumping rope.
  Application of Skills – TSW incorporate all of the skills learned such as jumping and creating symbols with their ropes into their physical education class and normal class.

Fitness Benefits
  Skill Related – TSW demonstrate their ability to leave the ground by jumping and land back on their feet. TSW demonstrate that they are able to use their arms and legs together to complete a jump over the rope.
  Health Related – Through continuous jumping and physical activity, the students will work to improve their cardiovascular endurance and muscular strength in their legs.

Life Skills
  Effort – TSW try to improve on their jumping skills and start to be able to jump rope.
  Goal Setting – TSW set a goal to try to make it through all of the jump rope activities by the end of the period and be able to jump rope once or twice continuously by the end of class.
  Communication – TSW communicate with each other to complete the required activities.

Warm-Up

Standards Achieved

Focus Area

Uses Locomotor Skills
  1:1:A1 – Skips, hops, gallops, slides, etc, using mature form.
  1:1:A4 – Performs tumbling activities, including rolls, jumps, and weight transfer skills.

Instruction – 2-3 min

3 lap warm-up on the gym highway

- Kindergarten will use plastic feet to count laps.
- Spread out on highway, identify a landmark to pass by three time.
- When laps are complete, return to the circle in the middle of the gym.

Equipment Needed – Bucket of mini plastic feet for students to count laps.

SAFETY – Students need to be aware of their surroundings while running to avoid running into others and risking injury.
Beginning Activities

Standards Achieved

Focus Area

Uses Locomotor Skills
1:1:A1 – Skips, hops, gallops, slides, etc, using mature form.
1:1:A4 – Performs tumbling activities including rolls, jumps, and weight transfer skills.

Uses Non-Locomotor Skills
1:1:C1 – Balances with a variety of body parts or objects in creative shapes etc.

Demonstrates Cognitive Understanding
2:1:A2 – Recognizes appropriate safety practices with and without physical education equipment.
2:1:A3 – States that best effort is shown by trying new or hard tasks.
2:1:A5 – Corrects movement errors in response to corrective feedback

Incorporates Safe Practices and Adherence to Rules and Procedures
5:1:A2 – Follows directions given to the class for an all-class activity.

Demonstrates Teamwork, Ethics, and Positive Social Interaction
5:1:B1 – Shows cooperation and fair play for others by helping, sharing, and taking turns.
5:1:B4 – Accepts all playmates without regard to personal differences.

Engages in Physical Activity
6:1:A2 – Attempts new movements and skills willingly.
6:1:A3 – Participates even when not successful.

Instruction – 20-25 min

Hand Out Jump Ropes
- TSW be given a jump rope and assigned to a polly-spot located on the gym floor. (Kindergarten)
- Once all of the students have received their jump ropes and have found their polly-spot, they will stretch their jump rope out on the floor with one end facing the teacher and the other facing the opposite direction.
- The students will position themselves so they can see the instructor. (1st & 2nd)
  - Students with special needs will be positioned next to or close to teacher.

First activities

Lay the rope on the floor in a straight line. (Kindergarten will spend more time on these reviews)

Review basic jumping combinations.
- Standing jumps over the rope forward and back.
- Standing jumps over the rope side to side.
- One foot jumps forward and back, and side to side.
Lay the rope on the floor forming a circle.
- Review jumping in and out of a circle.
- Stand in circle and jump and turn 90, 180, and 360 degrees. – **Landmarks**.
- Both hands inside the circle and perform push-ups.
- Two feet inside the circle and perform curl-ups.

*Emphasis the students not jumping off the ground so high. Focus on jumping with BOTH feet and landing with BOTH feet. Pretend the students are jumping on a pillow to help them jump softer.*

Stand on the ground without a rope. – Teacher will walk around and observe/help students who are struggling.

**Side Straddle**
- Start standing with your feet together, jump up and land with your feet about 2 feet apart, then jump up and bring your feet back together.

**Scissors**
- Stand with both of your feet together, then jump and land with one foot in front of you and the other behind, like a lunge. Continue to switch your feet back and forth. When you try it with your rope make sure you jump up and don’t slide your feet. – **Start slow stopping after every movement to make sure every student does the movement correctly before moving to continuous movement for the kindergarten.**

Learn the basic concept of jumping rope from start to finish. **(K-1)**
- Hold the rope by the handles, one in each hand. Hold the handles with your thumbs pointing down.
- Hold the rope out in front of your body.
- Step over the rope.
- Bend your elbows up close to your ears.
- Move the arms forward and swing the rope over your head.
- Let the rope hit the floor.
- Jump over the rope, taking off and landing on two feet.

**Learn other ways to jump rope. – 2nd - Challenge the second graders to try some new jumps.**
- Jump rope forward on two feet with one jump.
- Jump rope forward on two feet with a small bounce in between. (Double Bounce)
- Jump rope forward on one foot.
- Jump rope forward on two feet crossing the rope.
- Jump rope backwards on two feet with one jump.
- Jump rope backwards on two feet with a small bounce in between. (Double Bounce)
- Hold the handles of the rope and do a figure 8.
- **Jump rope forward with a double jump.**
- **Speed step – kick feet out in front not behind.**

Other ways to try jumping rope

**Single Rope Jump Skills – 2nd – Choose certain jumps based on the success and development of the class.**

Skills written in **RED** are advanced skills appropriate for the more developed student.
- Forward Straddle (Scissors)
- Straddle Cross
- Front Cross
- Side Swing Cross
- Backward 180
- **360**
- **Wounded Duck**
• Toe-to-Toe
• Heel-to-Toe
• Side Toe Touch
• Jogging Step (Speed)
• Swing Kick
• Rocker
• Leg Swing
• Continuous Toe Touch
• Leg Over

http://www.heart.org/HEARTORG/Educator/FortheGym2/JumpRopeSkills/Jump-Rope-Skills_UCM_001270_Article.jsp

Partner/Group – Some activities are more advanced and students need more development activities before attempting certain ones.

Snake – Group of 3

Kindergarten – 1st Grade

• One partner moves the rope on the group like a snake while the other partner jumps over it trying not to touch the rope while jumping.

Sea Shore – Group of 3 – 1st Grade – 2nd Grade

• Two students will slowly move the rope back and forth along the ground, not letting the rope rise up above thigh level.
• The third student will try to jump over the rope every time it swings at their feet.

Jump the Brook – Kindergarten – 1st Grade

• This game uses two ropes parallel to each other on the ground. Start out 6 inches apart and jump across both ropes at once “the brook”. Make the brook get bigger each time.

Partner Jump – 2nd Grade

• Group of 2, each partner holds on to one handle of the rope. One with left hand and the other partner with the right.
• Students work together to jump at the same time while twirling the rope.

Long Rope Activities – 2nd Grade

Long Rope Run Through

• Two students twirl the rope while one or more students try to run through without hitting the rope.

Long Rope Jump

• Student runs into the middle while two students are twirling the rope. – Special needs students may use a partner for assistance.
• Student attempts to jump without hitting the rope.
• Students goal is to enter, jump, and exit the rope without hitting it.
• Students may try one footed.
Long Rope Partner Jump

- Two students twirl the long rope while 2 or more students attempt to enter the rope together, jump together, and exit together without hitting the rope.

Long Rope – School – **May not get to this activity based on success of other long rope activities.**

- To play school with a jump rope, two players spin the jump rope, one on each handle, and the rest of the players take a turn to jump through the grades.
- For kindergarten, a player runs under the rope without jumping. The player circles around and jumps once for first grade, runs around and jumps twice for second grade and so forth.
- The player continues until he reaches twelfth grade. If a player trips or stumbles, stopping the jump rope, he must start over at kindergarten.

**Equipment Needed** – Jump Rope

**SAFETY** – Students need to be aware of their surroundings. Students need to have enough space to perform the jumping activities. Shoes need to be tied at all times.

**Ending Activity**

**Standards Achieved**

**Focus Area**

Uses Locomotor Skills

1:1:A2 – Travels fast and slow, using different pathways, changing directions in response to a signal or obstacle using a variety of locomotor skills.

Demonstrates Cognitive Understanding

2:1:A8 – Participates in games and activities that use academic and health skills to enhance learning, for example, math, reading, nutrition, etc.

Manages Healthy Physical Activity

4:1:B2 – Participates in a variety of activities and games that increase breathing and heart rate.

Incorporates Safe Practice in Adherence to Rules and Procedures

5:1:A1 – Practices specific skills as assigned until the teacher signals the end of practice.

**Instruction**

Food Plate Relay Race

- The class will split up into 6 teams.
- Each team will be given a certain area and hula hoop which will represent their home base.
- All of the colored balls will be in the middle of the gym.
- On “GO” one person from each team will run and find their food group and bring it back to their home base.
• The yellow team “junk food” will start with all of the junk food in their hula hoop. The yellow teams’ goal is to take a junk food, run to another team, and switch a junk food for one of their foods.
• If a food group team has a yellow ball in their hula hoop, they may take it to the junk food hula hoop and trade it for one of theirs back.
• The team to have all of their food group in their hula hoop first is the winner.

Modifications: During different games, have students skip, gallop, or hop instead of running.

Food Group Tag
• 3-5 students will be chosen as taggers.
• The taggers will either have a yellow or green ball.
• If a student gets tagged by a yellow ball “junk food” he/she must stop and do 10 jumping jacks to burn off the extra calories.
• If the student is tagged by a green ball “vegetable” he/she must stop and do 5 jumping jacks to burn off the calories.
• After a certain amount of time, taggers will switch.

Equipment Needed – 6 different colored gator skin balls. 6 of each color.

SAFETY – Students will need to be aware of their surroundings and watch out for other students while running. All shoes must be tied to prevent tripping.