

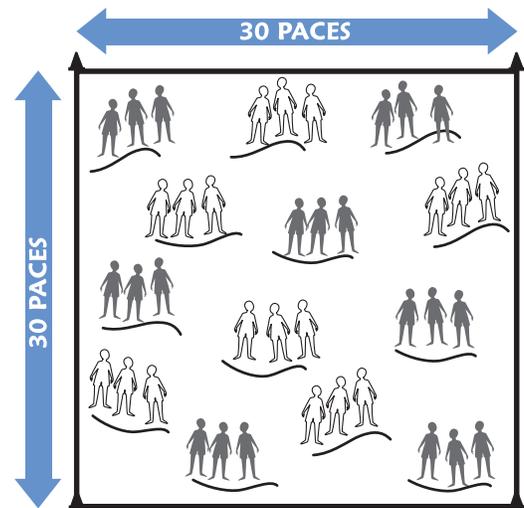


Ready

- 4 cones (for boundaries)
- 1 14' long rope per 3 students
- Music and player (optional)

Set

- Create large (30X30 paces) activity area.
- Scatter ropes within area, keeping them parallel.
- Create groups of 3; send groups to stand by a rope.



GO!

1. Introduction

- Today we are going to practice long-rope turning and jumping skills.
- Show you can be a good group-mate by sharing, taking turns, and doing your best.

2. Building a House

- Turners: Hold the rope 3" (*demonstrate*) above the floor (*ground*).
- Jumpers: Face the rope, and jump back and forth over it.
- Turners: Each time the Jumper makes it over and back, raise the rope a little higher.
- Switch roles on my signal.
- (*Rotate students every 1-2 minutes after this and each of these activities.*)

3. Ocean Waves

- Turners: Make waves by moving your arms up and down.
- Jumpers: Can you time it so you jump over the lowest part of the wave?

4. Snake in the Grass

- Turners: Squat down, and wiggle the rope side-to-side like a snake.
- Jumpers: Can you leap over the snake?

5. Blue Bells

- Jumpers: Stand in the center of the rope facing a Turner.
- Turners: Move the rope back and forth like a pendulum; let it swing as high as your shoulders.
- Jumpers: Jump over the rope just before it touches your feet. Watch the rope!

6. Wrap It Up

- When jumping over a swinging rope, should you jump high or low? (*Low.*)
- Give me a thumbs up if you:
 - Did your best.
 - Took turns.
 - Shared your time and equipment fairly.

★ Jumping School

While the rope is being turned, one Jumper runs in (*front door*) without jumping. This is passing Kindergarten. To pass 1st grade, run in, take 1 jump, and run out. For 2nd grade, run in, take 2 jumps, and run out. You get it now! How many grades can you pass in the next 3 minutes? (*Rotate Jumpers and Turners.*)

★ Jumping Clock

(*Create groups of 4-5.*) While the rope is being turned, the 1st Jumper runs in (*front door*), jumps once (1 o'clock), and runs out. The next Jumper runs in, jumps twice (2 o'clock) and runs out. Continue taking turns, adding 1 jump each time. Can any groups reach 12 o'clock?



WELLNESS

Jumping rope for 15 minutes without stopping is as good for you as running for 2 miles or riding a bike for 3 miles. Now don't "jump" to conclusions; I don't expect you to jump rope for 15 minutes, just remember to "Play actively!"

STANDARDS ADDRESSED

● NASPE

#1, 2 Spatial and body awareness, locomotor skills, nonloomotor skills, rhythmic sequencing

● #3, 4 Participates in enjoyable, challenging activities, cardiovascular endurance

#5, 6 Participates, appreciates, enjoys movement

Your State (Write in here)

TONY'S TIPS

- This lesson (and the next) presents a challenging progression which may require additional sessions for students to attain all the skills.
- Don't hesitate to repeat these activities and/or include them any time of the year for a fun (and very active) break from the routine.
- Only those students able to jump up 2-3" with both feet are ready to jump rope. Teach in levels so groups are attempting activities that best align with their abilities.
- Remember to use *Jump Rope Chants* for fun and to help students obtain a steady rhythm.

