

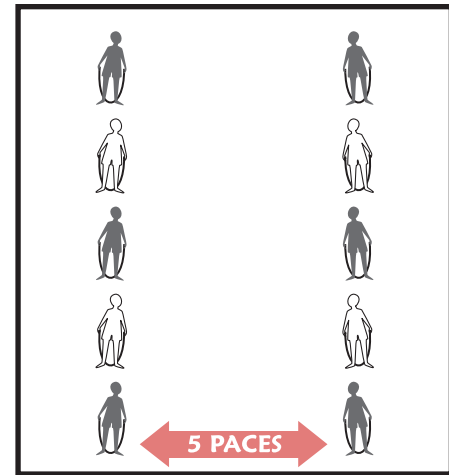


## Ready...

- 1 individual jump rope per student
- Music and player (optional)

## Set...

- Pair students in face-off formation (5 paces apart) in 2 parallel lines; each student with a rope.
- Designate 1 line to be “X;” the other to be “Z.”



## GO!

1. The object is to mirror your partner’s movement.
2. If you are in the X line, choose a jump rope trick from those you know, and begin jumping. Your partner mirrors your movement.
3. On signal (*about every 20 seconds*), switch leaders and followers. Now Z leads, and X follows.
4. We’ll rotate partners every other round. On my signal, all in the X line step 1 position to your L.
5. The farthest on the L side runs behind all to the opposite end. Zs don’t move.
6. We’ll continue until the signal.

### CHALLENGES

- ★ Can you mirror your partner so no one can tell who is the leader and who is the follower?
- ★ Can the leader turn around slowly and the mirror follow?

### CUES

- ★ Head up; eyes on your partner.
- ★ Try to synchronize your jumps. Jump at the same time!

## ★ Pedometer

(Need 1 pedometer per 4-6 students.) I'll select some students to wear the pedometer today. When we are finished with jumping, we'll add all of their individual steps/jumps together, and divide that number by the number of wearers to find the average. Next time we do this activity, we will try to better this average.



## HOME

**The Chinese jumped flexible bamboo. The Egyptians used vines. Native Americans used reeds. What can you use around your home? Make sure you have your parent's permission. Don't go wrapping your Mom's favorite shawl into a rope. Maybe she will let you tie some of Dad's tacky ties together instead. Look around your house, and see how many different things you could use to make a jump rope.**

### STANDARDS ADDRESSED

#### NASPE

- #1, 2 Individual rope jumping skills
- #3, 4 Cardiovascular endurance
- #5, 6 Accepting challenges, cooperation

**Your State** (Write in here)

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### TONY'S TIPS

- Be sure students are a safe distance from each other as they swing their ropes.
- Students may mirror their partner without a rope on tricks they cannot do with a rope.

### NOTES

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