

UNIT: JUMP ROPE

AGES: 8-14

OBJECTIVES

General coordination, rhythm, timing, strength,
cardiovascular endurance

EQUIPMENT

1 rope/youth,
4 cones for boundaries, music/whistle

ACTIVITY	ORGANIZATION	TEACHING CUES
<u>-INDIVIDUAL DAY-</u>		
Wounded Duck <i>Diagram on back</i>	<ul style="list-style-type: none"> -Start teaching/demonstrating new jump rope tricks. -Allow youth time to practice, move to help those in need. -After trials, challenge youth to do the Wounded Duck backwards. 	<ul style="list-style-type: none"> -Time to begin new tricks. The first is the Wounded Duck. -Forward rope turn, single bounce. -Alternate landing with toes pointed in and out. -Can anyone do the Wounded Duck backwards?
Cross-Overs <i>Diagram on back</i>	<ul style="list-style-type: none"> -As above. -After trials, challenge youth to do a Backward Cross-Over. 	<ul style="list-style-type: none"> -Forward turn, single bounce. -As rope swings overhead, cross arms at elbows (right hand to left side of body and vice versa) and jump through rope. -Alternate between regular jump and crossing-over, or stay in cross-over position.
Double Unders <i>Diagram on back</i>	<ul style="list-style-type: none"> -As above. 	<ul style="list-style-type: none"> -Turn rope forward. -Rope touches ground twice, feet only touch once. -Turn very fast and jump high to let the rope get around twice.
Challenges	<ul style="list-style-type: none"> -As above. 	<p><u>Challenges:</u></p> <ul style="list-style-type: none"> -Using any rope trick we learned today, how many continuous jumps can you do without error? Change skills after you miss. -While jumping continuously for 2-3 minutes, can you change skills every 10 jumps?

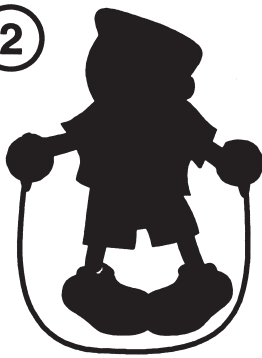
WOUNDED DUCK

①



POINT TOES OUT

②



POINT TOES IN

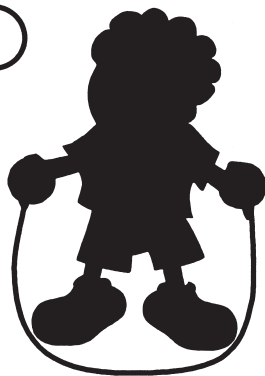
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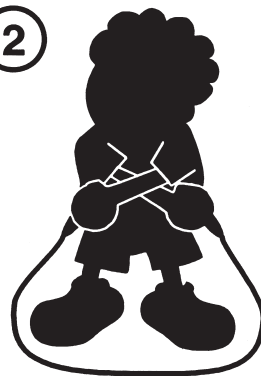
POINT TOES OUT

CROSS-OVERS

①



②



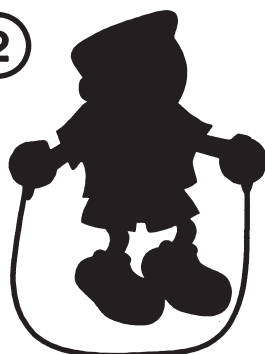
CROSS AT
ELBOWS

DOUBLE UNDERS

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TWO
TIMES