

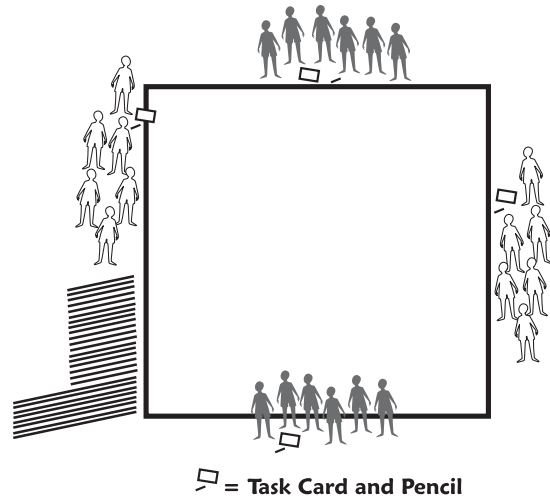


Prep

- 1 individual rope per student
- 1 long jump rope per group of 3 students
- 2 pedometers per group of 6 students
- 1 pencil and 1 *Which Takes More Steps Task Card* (SPARKfamily.org) per group of 6 students
- Long Interval Music -2 minutes on (SPARKfamily.org) and player

Set

- Scatter ropes outside area along a sideline. Divide long ropes from short.
- Arrange students in groups of 6 along the perimeter; each group with a *Which Takes More Steps Task Card*, 2 pedometers, and a pencil.



Teach

1. In *Which Takes More Steps?* you will complete the activities on the Task Card to discover which type of jumping is more active and allows you to take more steps.
2. (Read the directions on the Task Card aloud. Discuss strategies to get the activity done in an efficient manner. Allow plenty of time for students to complete the activity, then discuss.)
3. **Think About ...**
 - Which type of jumping allowed for the highest number of steps? Is that what you predicted?
 - What did your group need to do to complete the Task Card?
 - Which type of jumping was the most intense (raised heart rate the most)? Which was the least intense?

WHICH TAKES MORE STEPS? (PEDOMETER)

EXTENSIONS

HR Monitors

(Use heart rate monitors in place of pedometers. Change the task to see which type of jumping keeps them in their Target Heart Rate Zone the longest.)

Rank the Tricks

Using your pedometers, record the number of steps taken for 10 chosen (your group chooses) Individual Tricks. Rank them in order from least steps to most steps taken. Rotate the pedometer to a different student each round.



HOME INTEGRATION

Choose a few tricks you can do well without stopping the rope. Time how quickly you can do 150 jumps. Can you improve your time in 1 week? Practice, perspire, repeat.



STANDARDS ADDRESSED

NASPE

#1, 2 Long and Individual rope jumping skills

#3, 4 Cardiovascular endurance

#5, 6 Accepting challenges, cooperation

Your State (Write in here)



TEACHING TIPS

- Allow students to choose their own groups.
- Use upbeat (100+bpm) music to motivate students.
- Provide a clipboard per group.

NOTES
