TOOLS FOR LEARNING
JUMP ROPE

UD

INTERMEDIATE (3-5)

UNIVERSAL DESIGN CHART

Universal Design for Learning (UDL) is a strategy for eliminating instructional and environmental barriers for every member of a learning community in order to meet the needs of all students across the continuum of physical, intellectual, and emotional abilities. Although we acknowledge that it would be impossible to build one curriculum to meet the needs of every single child, we strongly believe that striving to maximize the active and meaningful participation for all students is a core responsibility of every educator.

OPEN has embraced this responsibility by working to create suggested Universal Design Adaptations that serve to act as baseline recommendations for modifying learning activities. The text *Strategies for Inclusion: A Handbook for Physical Educators* by Lauren J. Lieberman and Cathy Houston-Wilson provides the foundation for our work in this area.

The table below offers additional adaptations in an effort to move closer to the ideal of Universal Design.

Potential Universal Design Adaptations for Jump Rope

Equipment	Rules	Environment	Instruction
✅ Heavier / lighter rope choices ✅ Ropes of different materials (e.g., beaded, cloth, etc.) ✅ Length of rope ✅ Jump patterns/rhythms without a rope ✅ Jump with rope lying stationary on the floor (or use floor markings)	✅ Hold rope with both handles in one hand, turn the rope to a rhythm while jumping next to it ✅ Allow students who cannot jump to: (A) turn the rope for others; (B) clap to the rhythm of the rope; (C) roll, crawl, or step over rope ✅ Swing the rope slowly, then jump forward over rope	✅ Provide different challenge areas with tasks that match various skills and abilities, allow students to choose levels of participation ✅ Suspend rope from cones ✅ Spot markers or low-profile cones for jumping on and/or over ✅ Provide steady rhythm by playing music with a tempo that matches the readiness of students	✅ Provide ongoing verbal cues ✅ Provide physical assistance for rope turners ✅ Provide a peer tutor/mentor ✅ Use videos, graphics, and pictures as visual examples ✅ Provide individualized (one-to-one) instruction

Lieberman, L.J., & Houston-Wilson, C. (2009). *Strategies for inclusion: A handbook for physical educators (2nd ed.).* Champaign, IL: Human Kinetics.