

### LEARNING TARGETS

- ✓ I will move safely in my space and remain aware of others.
- ✓ I will listen carefully to directions.
- ✓ I will practice my jumping skills using a variety of movement concepts.

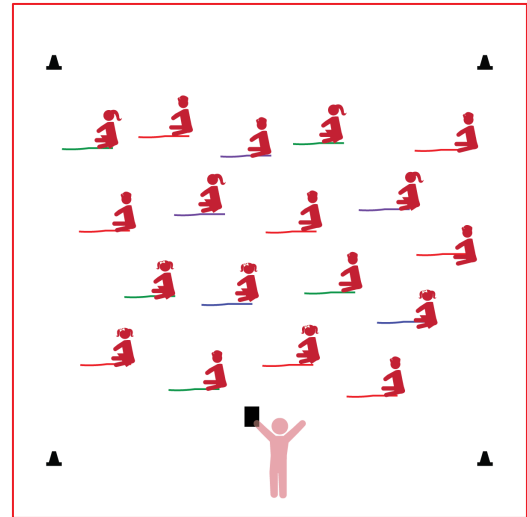
### ACTIVITY SET-UP & PROCEDURE

#### Things You Need:

- ✓ 1 rope per student
- ✓ Cones to create boundaries

#### Set-Up:

1. Scatter students in general space, each with a rope.
2. Students stretch their ropes in a straight line and sit at one end.
3. Be sure spacing between students is safe.



#### Activity Procedures:

1. The objective of this activity is to jump alongside the rope while using different movement concepts.
2. We're going to play a game called *Jumping Jello*. Before we start, look around and take note of your personal space.
3. Teachers, demonstrate each jump below and then have students practice it on their own.
  - a. Jump to the other side of the rope with heavy jumps.
  - b. Jump to the other side of the rope with light jumps.
  - c. Jump to the other side of the rope with as many jumps as possible. How many did you do?
  - d. Jump alongside the rope as far as possible, landing on 2 feet
  - e. Jump a little further each time, landing on 2 feet.
  - f. Jump to the other side of the rope with as few jumps as possible. How many did you do?

#### Universal Design Modifications:

- Allow students with mobility challenges to clap as a way to show understanding for concepts such as heavy, light, fast, and slow.

### DEVELOPMENTAL INDICATORS

- ✓ **Gross Motor Development:** Demonstrates control, strength, and coordination of large muscles.
- ✓ **Vocabulary:** Shows understanding of word categories and relationships among words.
- ✓ **Cognitive Self-Regulation:** Persists in tasks.