

Swing Safely

LEARNING TARGETS

- ✓ I will stay safely in my own personal space.
- ✓ I will swing the ropes safely around my body.

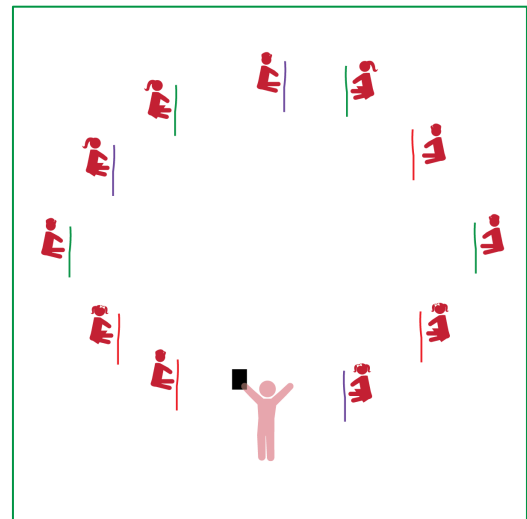
ACTIVITY SET-UP & PROCEDURE

Things You Need:

- ✓ 1 rope per student

Set-Up:

1. Arrange students in a large circle with plenty of space between each person.
2. Students sit on the floor with legs stretched out straight in front of them, pointing to the center of the circle.
3. Each student with a rope.



Activity Procedures:

1. The objective of this activity is to practice swinging a rope over the body. This is the first step in learning how to jump rope.
2. We're going to play a game called *Swing Safely*. Before we start, look around and take note of your personal space.
3. Let's all start with one end of our ropes in each hand and the middle of the rope on the ground behind our bodies. When I say, "GO," swing it forward over your body and under your legs. Then scoot your bottom over the rope and start again.
4. Teachers, have students practice this movement several times until they become more comfortable, demonstrating if necessary. If the circle gets too small for safety, have students spread out again.
5. As a challenge, students can compete against the teacher and do 5 swings as fast as possible.

Universal Design Modifications:

- Spend extra time demonstrating and moving through each step of the swing.
- Progress to standing and stepping over the rope.

DEVELOPMENTAL INDICATORS

- ✓ **Gross Motor Development:** Demonstrates control, strength, and coordination of large muscles.
- ✓ **Health, Safety and Nutrition:** Demonstrates knowledge of personal safety practices and routines.
- ✓ **Geometry and Spatial Sense:** Explores the positions of objects in space.