

BE LIKE SUPERBOY/SUPERGIRL

LEARNING TARGETS

- ✓ I will control my body and move safely in general space.
- ✓ I will practice safely jumping over ropes.

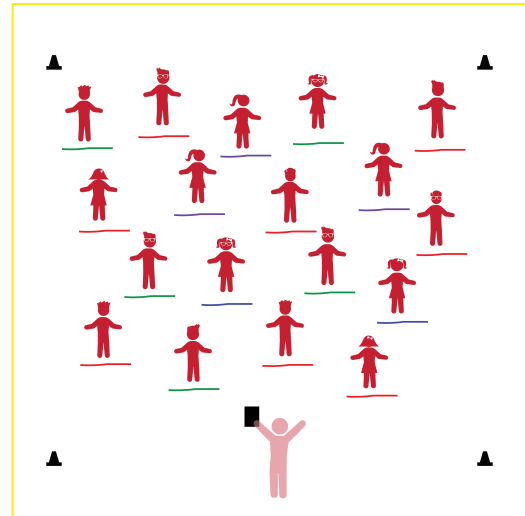
ACTIVITY SET-UP & PROCEDURE

Things You Need:

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

Set-Up:

1. Each student on a Home Base with a rope and personal space.
2. Students place their ropes on the floor at their feet.
3. Be sure spacing between students is safe for activity.



Activity Procedures:

1. The purpose of this activity is to provide a safe and challenging environment for students to practice 2-foot jumping and landing.
2. Before beginning, remind students that their rope will act as their Home Base.
3. Prompt students to stretch their rope on the floor in a straight line. When the teacher says “GO!” students begin to jump back and forth over the rope. Say “FREEZE” so that students stop jumping and stand next to their ropes.
4. Now repeat, prompting students to jump over as many ropes as they can while walking from rope to rope. Repeat using a variety of locomotor skills for traveling in between and over the ropes.
5. Start with slower/easier movements. When students are ready, use faster, more advanced locomotor movements (skipping, running, etc.). Prompt students to return to their Home Base as needed.

Universal Design Modifications:

- Play *Follow the Leader*, students following the teacher over ropes and throughout the activity area.
- Allow students to step over ropes if they cannot jump and safely maintain their balance.

DEVELOPMENTAL INDICATORS

- ✓ **Gross Motor Development:** Coordinates movements and actions for a purpose. Explores environments using motor skills. Performs activities that combine and coordinate large-muscle movements.
- ✓ **Safety:** Identifies and follows basic safety rules with adult guidance and support.