

JUMP ROPE HURDLE HUSTLE

LEARNING TARGETS:

- **Skill:** I will safely move over each jump rope.
- **Cognitive:** I will move in clockwise and counterclockwise directions.
- **Physical Activity:** I will stay physically active while the music plays.
- **SEL:** I will demonstrate self-respect by practicing and improving my movement skills.

TARGET VOCABULARY:

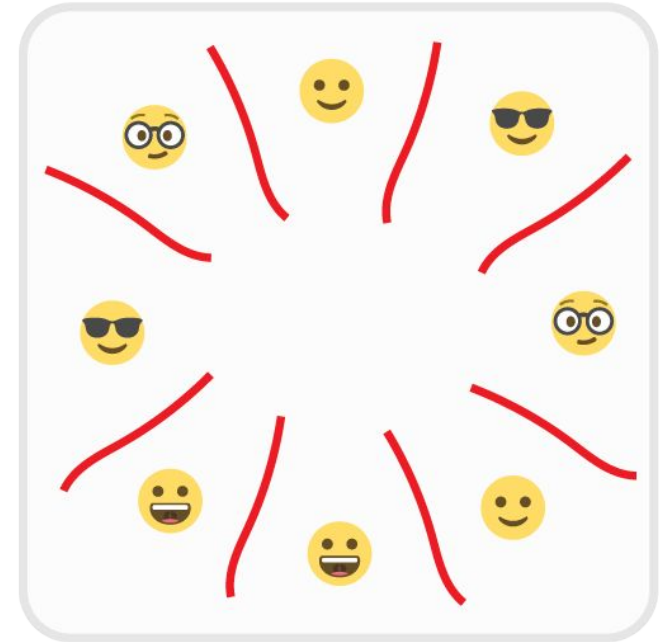
- Locomotor Skills, Practice, Improve, Self-Respect

EQUIPMENT NEEDED:

- 1 jump rope per student (can use spot markers or low cones), music

ORGANIZE:

- **Space:** Lay ropes on the floor with each rope shaped like a line. Create a circle of rope lines (like the face of a clock) with enough space for students to move safely in between the ropes.
- **Students:** Send students to stand at a rope (1 per student).



PROCEDURES:

- **The Object:** To leap over each rope while moving clockwise and counterclockwise around the area.
- **The Process:** When the music starts, walk clockwise around the activity area. As you get to a rope, step over it and continue. When the music stops, freeze and listen. Next, leap over each rope as you get to it. Start at a slow jogging pace. When the music stops, freeze and listen. Next, we'll move in a counterclockwise direction.

DEVELOPMENTAL MODIFICATIONS FOR DIFFERENTIATION:

- Use cones and directional arrows to help students understand which direction to move in.
- Prompt students to use different locomotor skills to move around the activity area.

DISCUSSION STARTERS:

- What does practice mean? What do you know about practice?
- What is self-respect? How is improving your skill related to self-respect?