

## JUMP ROPE HURDLE HUSTLE

### STUDENT 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.
- **Personal & Social Responsibility:** I will demonstrate self-respect by practicing and improving my movement skills.

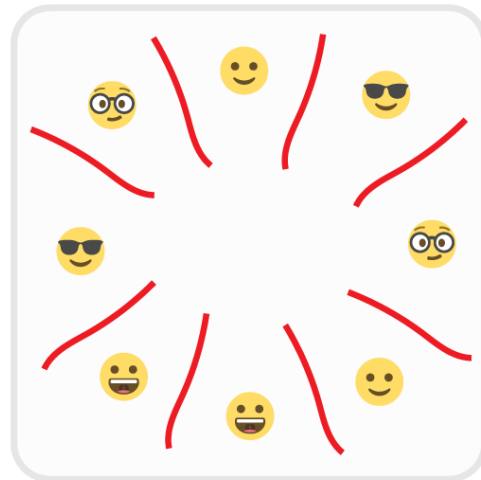
### EQUIPMENT & SET-UP

#### Equipment:

- 1 jump rope per student (can use spot markers or low cones if needed)
- Music and music player

#### Set-Up:

- Lay jump ropes on the floor with each rope shaped like a line. Create a circle of ropes (like the face of a clock) with enough space for students to move safely in between the ropes.
- Each student begins standing next to a rope (1 per student).



### ACTIVITY PROCEDURES

1. Today we are going to work on leaping while moving clockwise and counterclockwise around the area.
2. When the music starts, begin walking clockwise around the activity area. As you get to a rope, step over it and continue.
3. When the music stops, listen as I call out different locomotor skills for you to use as you move over the ropes. Next we will move in a counterclockwise direction and leap over the ropes, beginning at a slow jogging pace.
4. On the stop signal freeze and be ready for the next locomotor movement we will use.

### GRADE LEVEL PROGRESSION

**Level 1:** Use cones and/or directional arrows to help students understand which direction to move in.

**Level 2:** Use a variety of different locomotor skills to move over the ropes.

### ACADEMIC LANGUAGE

Locomotor Skills, Practice, Improve, Self-respect

### PRIORITY OUTCOMES

#### Locomotor Skills:

Travels with balance using a variety of locomotor skills in dynamic environments.

### DISCUSSION QUESTIONS

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