

## Jump Rope 1

### STUDENT TARGETS

- ✔ **Skill:** I will practice a variety of jump rope skills using the cues my teacher gives me.
- ✔ **Cognitive:** I will give examples of physical activities that enhance fitness.
- ✔ **Fitness:** I will work to increase my heart rate during all jump rope activities.
- ✔ **Personal & Social Responsibility:** I will work safely by following all instructions.

### TEACHING CUES

- ✔ Work Safely
- ✔ Respect Self-Space
- ✔ Actively Engage
- ✔ See *Jump Rope Progression Cards* for Skill-Specific Cues

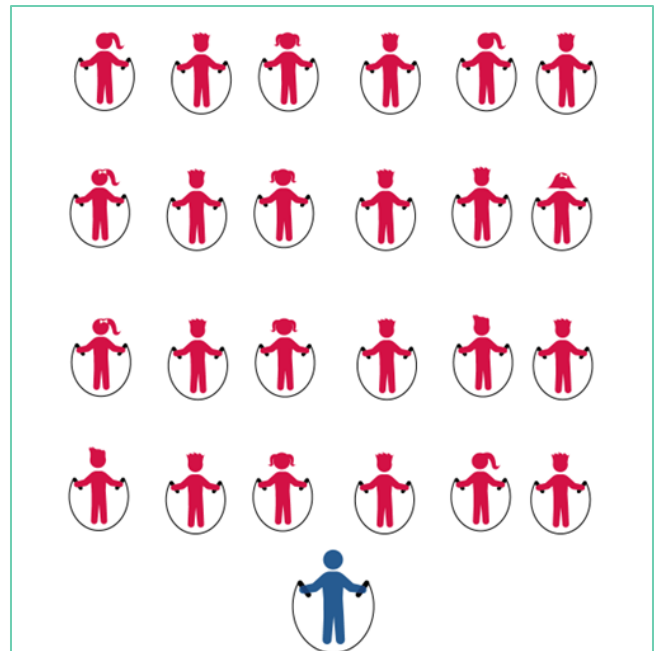
### ACTIVITY SET-UP & PROCEDURE

**Equipment:**

- ✔ 1 jump rope per student
- ✔ 1 long jump rope per 3 students
- ✔ Jump Rope Activity Card
- ✔ Jump Rope Progression Cards

**Set-Up:**

1. Students scattered in activity area, each with a jump rope.
2. Jump Rope Activity Card ready on clipboard or tablet.



**Activity Procedures:**

1. Today we're going to have fun exploring movement with jump ropes. We will try challenges both on your own and with your friends using different types of ropes.
2. I will show you a jump rope activity, and then you'll repeat after me.
3. Teachers, use the following activity sequence: 1) Perfect Match, 2) Jump to It, 3) Turn It Up, 4) Let's Move It, Move It, and 5) Fun With Friends.

**Grade Level Progression:**

- K:** Focus on students self-turning a single rope forwards or backwards.  
**1<sup>st</sup>:** Focus on students jumping a long rope consecutively with teacher-assisted turning.  
**2<sup>nd</sup>:** Focus on students jumping a long rope consecutively with student turners.



**Jump Rope 1**

CHALLENGE PROGRESSIONS

- ✔ Prompt students to create their own movements and challenges to share with the class.

MODIFICATIONS

- ✔ Many of the jump rope challenges can be done with students not having to turn their own rope. They can work with peer partners.
- ✔ Students could use invisible ropes or noodles instead of jump ropes.

ACADEMIC LANGUAGE

Turn, Jump, Land, Safety, Feedback

STANDARDS & OUTCOMES ADDRESSED

**Physical Education Priority Outcomes:**

- ✔ (K) Acknowledges responsibility for behavior when prompted.
- ✔ (1) Responds appropriately to general feedback from the teacher.
- ✔ (2) Accepts specific, corrective feedback from the teacher.

DEBRIEF QUESTIONS

- ✔ **DOK 1:** How can you recognize activities that enhance fitness?
- ✔ **DOK 2:** What are some examples of activities that enhance fitness?
- ✔ **DOK 3:** How does jumping rope enhance health-related fitness?