



JUMP ZONE

STUDENT TARGETS

- **Skill:** I will complete a variety of jump rope skills and challenges.
- **Cognitive:** I will recognize challenges and identify ways to cope in a positive way.
- **Fitness:** I will stay actively engaged in all the jump rope challenges.
- **Personal & Social Responsibility:** I will develop a plan of action and make appropriate decisions based on that plan when faced with a challenge.

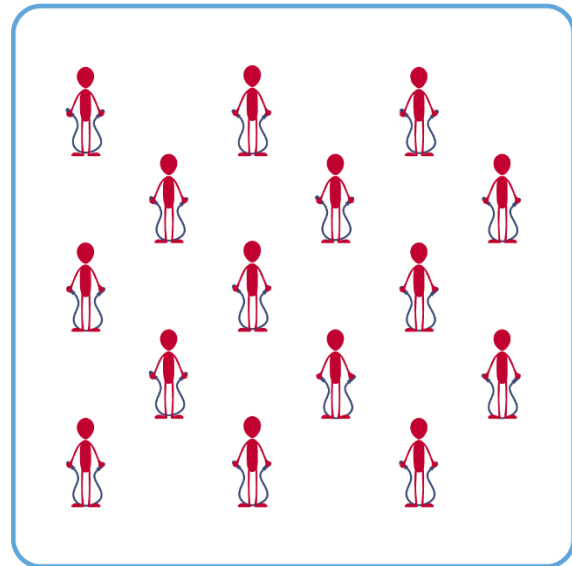
EQUIPMENT & SET-UP

Equipment:

- 1 jump rope per student (ensure that ropes of various lengths are available for students to select)
- Rope Selection Rules Poster
- Technology for demonstrations of jump rope skills/challenges (if available).
- Skill videos provided [here](#) by Learnin' The Ropes (click "Join" and Log in to access)

Set-Up:

- Students spread out in general space, a safe distance from their classmates.
- Each student begins with a jump rope.



ACTIVITY PROCEDURES

1. We are going to try some individual and partner jump rope challenges! We will start with the basics and move through a variety of challenges.
2. It is important that everyone has a rope that is the proper length for them. The Rope Selection Rules sign that is posted near the jump ropes will help you make the correct choice.
3. Now that everyone has a rope, we are going to try a variety of jump rope challenges. Some will be on your own and some will be with a shared rope. We will start with some single rope skills:
 - Single Bounce
 - Double Side Swing Jumps
 - Arm Wrap
 - Skier
4. We are now going to try some shared rope challenges. Everyone will need to find a partner and chose the rope you would like to use.
 - Under the Leg Pass
 - 1 Person Jumping Inside
 - 2 People Jumping Inside

GRADE LEVEL PROGRESSION

- **Grade 6:** Participate in jump rope skills described above.
- **Grades 7 & 8:** Challenge students to have 2 people jump inside a shared rope for 30 seconds.

TEACHING CUES

- **Cue 1:** Ensure you are safely spaced away from classmates before jumping.
- **Cue 2:** Keep a growth mindset, and if you make a mistake just reset and try again!



JUMP ZONE (continued...)

UNIVERSAL DESIGN ADAPTATIONS

- **UDL 1:** Allow students to use ropes in a variety of weights, colors, and lengths.
- **UDL 2:** Allow students to jump an “invisible” rope (e.g., line on floor).
- **UDL 3:** Use peer partners as needed.
- **UDL 4:** Provide verbal cues and visual demonstrations for each challenge.

ACADEMIC LANGUAGE

Jump, Land, Turn, Challenge, Cooperation, Teamwork

PRIORITY OUTCOMES

Personal Challenge:

- **(Grade 6)** Recognizes individual challenges and copes in a positive way, such as extending effort, asking for help/feedback, and/or modifying the tasks.
- **(Grade 7)** Generates positive strategies such as offering suggestions/assistance, leading/following others, and/or providing possible solutions when faced with a group challenge.
- **(Grade 8)** Develops a plan of action and makes appropriate decisions based on that plan when faced with a challenge.

DEBRIEF QUESTIONS

- **DOK 1:** What is teamwork? What does it look like during shared rope challenges?
- **DOK 2:** How does teamwork affect how successful you and your partner will be during shared rope challenges?
- **DOK 3:** How does having a growth mindset affect how well you are able to make a plan to try and overcome challenges?