

PHYSICAL EDUCATION LESSON JUMP ROPES

EQUIPMENT: One jump rope per student, music if desired.

FOCUS: Manipulation, coordination, and jump rope basics

ACTIVITY: (15-18 min.)

Organization: Have each student get a jump rope and return to his/her home space. Remind students to hold the jump ropes quiet when the whistle blows to change activities.

JUMP ROPES:

1. **Straight Rope Activities:** Have students stretch their jump rope out in a straight line.
 - A. How many ropes can you leap over before I say freeze?
 - B. Can you jump back and forth over your rope? Can you ski jump over your rope?
 - C. Can you keep your hands on the floor and jump back and forth?
 - D. Your rope is a tightrope. Can you walk the tightrope without falling off?
 - E. Can you make a bridge over your rope?
2. **Circle Rope Activities:** Students make a circle with their rope and ask them to stand inside it.
 - A. Can you balance on one foot in your circle?
 - B. Make your body as small as possible inside your rope. Don't touch your rope!
 - C. Can you jump over your circle?
3. **Letter Shapes:** Can you make the first letter of your name with your rope?
4. **Number Shapes:** Can you make your favorite number with your rope?
5. **The Basics:**
 - A. **Toe Catch:** Start with rope behind you. Swing it overhead and forward, and catch it under your toes.
 - B. **Heel Catch:** Start with rope in front of you. Swing it overhead and backward, and catch it with your heels.
 - C. Repeat as above but jump once and then catch the rope.
6. **Basic Jumps:**
 - A. **Single Jump:** Turn the rope one and jump once. (Forwards, backwards, left foot only, right foot only)
 - B. **Rebounds:** Turn rope, jump when rope is overhead and then again when it passes your feet.
 - C. **Hot Peppers:** Jump rope in single jumps as fast as you can.
 - D. **Single Side Swing:** Hold rope and swing it to the right one time, then open it and jump one time; now swing rope to the left one time, then open it and jump it.
 - E. **Rocker:** Place one foot ahead of the other now jump alternating your lead foot.
 - F. **Jogger:** Jump while jogging in place.
 - G. **Skier:** Jump rope while jumping side to side.
 - H. **The X:** Criss-Cross your feet in a x-pattern while jumping the rope.
 - I. **Criss-Cross:** Criss-Cross your arms as you jump. When the rope is overhead is the time to cross your arms.
7. **One minute Jumping:** After some basic instruction have the students get a partner. One partner will count while the other partner is jumping. Count how many basic forward, backwards or other jumps they can do in one minute. Switch partners after each type of jump. Have students remember their personal bests and next time try to improve on it.

CLOSING: (3-4 minutes)

Tail Jumpers: Each student places one end of a jump rope in their waistband creating a tail. In this activity all players are it. On the signal students try to step on as many tails as possible. When a tail is stepped on that player must move to the side of the gym and jump rope the number of times the teacher has designated.

PHYSICAL EDUCATION LESSON LONG JUMP ROPES

EQUIPMENT: One long jump rope per group of 3-4 students.

FOCUS: Cooperation, coordination, and cardiovascular workout

ACTIVITY: (15-18 min.)

Organization: Form groups of 3-4 students with at least two turners and one jumper. Be sure to space groups and that each child has an equal opportunity to jump the rope.

Long Jump Ropes:

1. **Ocean Waves:** Turners ripple the rope up and down and jumper jumps the waves. Gradually make the waves bigger. Jumpers jump back and forth over the rope, trying not to touch it.
2. **Snake Shake:** Turners wiggle the rope side to side while jumper jumps the rope. Jumpers jump back and forth over the rope, trying not to touch it
3. **Mountain Climbers:** One turner kneels and holds the rope while the other turner stands and holds the rope. Jumper starts at the low end and gradually works their way up the mountain by jumping back and forth over the rope.
4. **Blue Bells:** Turners gently swing the long jump rope from side to side. The jumper jumps in place over the rope. How long can you keep jumping before you stop the rope?
5. **Turning the Rope:** Be sure to practice turning the rope before anyone is allowed to jump the rope. Turners should start with the rope taut and walk toward each other until the rope touches the ground. Now turn the rope in a rhythmic pattern.
6. **Long Rope Toe Catch:** Jumpers stand in the middle and catch the rope under your toes as it swings and hits the ground.
7. **Long Rope Jump:** Jumpers stand in the middle and jump the rope as it swings and hits the ground. (Hint) watch the turners' arms, as their arm moves down this is your cue to jump.
8. **Front Door:** Turners turn rope towards incoming jumper. Jumper stand on the outside of the rope and as it passes away from you jump in the open door.
9. **Back Door:** Turners turn rope away from the incoming jumper. Jumper stand on the outside of the rope and as it passes away from you jump in the open door.