**Long Rope Teaching Progression/Lesson**

TN State Standards:

* MS.20.0 Jumps (at least one time) a long rope with teacher-assisted turning.
* MS.20.1b Continuously jumps a long rope with teacher-assisted turning.
* MS.20.3a Performs intermediate jump rope skills for both short and long ropes.
* MS.20.3b Turns a long rope correctly.
* MS.20.4 Performs a simple jump rope routine with short or long rope.

SHAPE America Standards/Grade-Level Outcomes:

* Jumps a long rope with teacher-assisted turning. (S1.E27.Kb)
* Jumps a long rope up to 5 times consecutively with teacher assisted turning (S1.E27.1b)
* Jumps a long rope 5 times consecutively with Student Turners (S1.E27.2b)
* Performs intermediate jump rope skills (e.g., a variety of tricks, running in and out of long rope) for both long and short ropes. (S1.E27.3)

Critical Elements and Cues

Long Rope Turning

* Swing the rope back and forth before the first swing over the head, counting “one, two, three”; this will help the jumper be ready. (One, Two, Three)
* Turn the rope with large, smooth swings. (Smooth Turns)
* Turn the rope with the forearm.
* Lock the wrist and keep the thumb up while turning. (thumb Up)
* Barely touch the floor with the turning rope.
* Do not cross the midline of the body with the forearm while turning the rope.

Long Rope Jumping

* Keep your head and shoulder up for good balance. (Heads Up)
* Small, springy jumps with very little height. (Jump, Jump)
* Jump on the balls of the feet
* To enter, stand near the turner and move to the center of the rope.

Equipment

* 1 long rope per 2/3 students. Group of 2 attach one end of the rope to a post, pole, or chair.
* 2 cones cones/polyspots per group
* 1 Rhymes task card per group of 2/3 students
* Optional: floor tape for jumpers

Resources:

* Graham, G., Holt-Hale, S. A., Parker, M., Hall, T., & Patton, K. (2020). *Children Moving: A Reflective Approach to Teaching Physical Education* (10" ed.). McGraw-Hill *Mountain View, CA*
* Pangrazi, R. P., & Beighle, A. (2019). *Dynamic physical education for elementary school children*. Human Kinetics Publishers.
* [Video: Teddy Bear Rhyme (and other examples)](https://www.youtube.com/watch?v=rucp0rWs4pU)
* [Video: Teddy Bear, Teddy Bear](https://www.youtube.com/watch?v=rucp0rWs4pU)
* Video: [Long Rope-Backdoor Entry (Kangaroo Jump)](https://www.youtube.com/watch?v=UdfK1nZzlf4)
* Video: [Touch the ground](https://www.youtube.com/watch?v=d0IOPtfzjmc)
* Video: [Turn Around](https://www.youtube.com/watch?v=rwCCEwvabd8)
* Ben Landers: [Jump rope and Long rope Unit Plan](https://www.thepespecialist.com/jumprope/)
* Ben Landers: [Video-Whirlwind Challenge (Turnstile Challenge)](https://www.youtube.com/watch?v=fRojvtdr9WI)
* OPEN PHYSED: [Jump Rope and Long Rope Unit](https://openphysed.org/curriculum_resources/3-5jumprope)

|  |  |  |
| --- | --- | --- |
| A. **Learning Tasks:** Describe and label (**IERA**).  *­* | B. **Cues** | **Equipment/** |
| Stationary jumping  -**Hammock-**start with rope 6 inches above the ground. Jumpers jump over back and forth (I)  **-Jump variation:** Try different types of jumps over the hammock; leap, hop, sideways (e)  build a house-raise the rope a little each time (A)  -**Ocean Wave**- holders make waves in rope by moving arms up and down- Jumpers try to jump over a low part of the wave (e)  -**Snake in the grass-** wiggle the rope back and forth while jumpers try to jump over the rope (e)  **-Blue bells**- Let the rope swing as high as your shoulders. Jumpers start in center facing turners. (E) | Ocean Wave: Make sure students go slow and together | 1 long rope per group of 3 |
| Basic Turning  **-Turn long rope** (I)  -**Teacher** tries to jump into their rope two or three times (e)  **-Jumper starts in center 1 jump** (e)  **-Start in and continuous jumping** (e)  **-Jumper starts in center jumps and exits after one jump** (in direction in which the rope is turned) (e) | One, Two, Three  Smooth Turns  Slow and big circles.  Thumb up  Do not cross the midline of the body with the forearm while turning the rope. | 1 long rope per group of 3 or 2. If in group of 2 attach one end of the rope to a post, pole, or chair. Mark (tape) a box on the floor at the center of the rope for the jumper and an x on the floor where the turner(s) stand (can use cones or poly spots for turners, don’t put a poly spot for the jumper as they could slip) |
| Turnstile/windmill  **-Turnstile**-Students run through the rope (front door) (e)  **-Group Turnstile**- run through each group, if hit go and switch with a turner from your group (e)  **-Turnstile class challenge** -every turn someone has to run through it (A)  **-Double turnstile** class challenge (A) | Reinforce nice and big slow circles. |  |
| **Run in and jump 10 times and run out** (e) | Make sure turners are going away from the jumpers |  |
| **Play School** (a) K-run through, 1st run in and 1 jump…up to 6th grade or 12th grade  **Group Play School** (a)-K-run through each group |  |  |
| **Challenges:**  -Four quarter turns-Turn around  -Touch the ground,  -Hop, Every other  -Move up to each turner and turn around  -Backdoor- Kangaroo | Reinforce previous cues as needed.  Kangaroo  -stand next to turners side  -Run-Jump (run in and jump over the rope)  -Think Run when rope is up.  -Think jump when down. |  |
| **Basic Rhymes (**e)  Pick a rhyme form the sheet to practice |  |  |
| Teddy Bear, Teddy Bear Rhyme (e) |  |  |
| Create your own rhyme (A) |  |  |