Ready
• 4 cones (for boundaries)
• 1 10’ long rope per 3 students
• Music and player (optional)

Set
• Create large (30X30 paces) activity area.
• Scatter ropes within area, keeping them parallel.
• Create groups of 3; send groups to stand by a rope.

GO!
1. Introduction
   • Today we are going to practice long-rope turning and jumping skills.
   • Show you can be a good group-mate by sharing, taking turns, and doing your best.

2. Building a House
   • Turners: Hold the rope 3” (demonstrate) above the floor (ground).
   • Jumpers: Face the rope, and jump back and forth over it.
   • Turners: Each time the Jumper makes it over and back, raise the rope a little higher.
   • Switch roles on my signal.
   • (Rotate students every 1-2 minutes after this and each of these activities.)

3. Ocean Waves
   • Turners: Make waves by moving your arms up and down.
   • Jumpers: Can you time it so you jump over the lowest part of the wave?

4. Snake in the Grass
   • Turners: Squat down, and wiggle the rope side-to-side like a snake.
   • Jumpers: Can you leap over the snake?

5. Blue Bells
   • Jumpers: Stand in the center of the rope facing a Turner.
   • Turners: Move the rope back and forth like a pendulum; let it swing as high as your shoulders.
   • Jumpers: Jump over the rope just before it touches your feet. Watch the rope!

6. Wrap It Up
   • When jumping over a swinging rope, should you jump high or low? (Low.)
   • Give me a thumbs up if you:
     o Did your best.
     o Took turns.
     o Shared your time and equipment fairly.
Jumping School

While the rope is being turned, one Jumper runs in (front door) without jumping. This is passing Kindergarten. To pass 1st grade, run in, take 1 jump, and run out. For 2nd grade, run in, take 2 jumps, and run out. You get it now! How many grades can you pass in the next 3 minutes? (Rotate Jumpers and Turners.)

Jumping Clock

(Create groups of 4-5.) While the rope is being turned, the 1st Jumper runs in (front door), jumps once (1 o’clock), and runs out. The next Jumper runs in, jumps twice (2 o’clock) and runs out. Continue taking turns, adding 1 jump each time. Can any groups reach 12 o’clock?

Tony’s Tips

- This lesson (and the next) presents a challenging progression which may require additional sessions for students to attain all the skills.
- Don’t hesitate to repeat these activities and/or include them any time of the year for a fun (and very active) break from the routine.
- Only those students able to jump up 2-3” with both feet are ready to jump rope. Teach in levels so groups are attempting activities that best align with their abilities.
- Remember to use Jump Rope Chants for fun and to help students obtain a steady rhythm.

Wellness

Jumping rope for 15 minutes without stopping is as good for you as running for 2 miles or riding a bike for 3 miles. Now don’t “jump” to conclusions; I don’t expect you to jump rope for 15 minutes, just remember to “Play actively!”

Standards Addressed

National PE Standards
Movement/Skills:
Spatial awareness, body awareness, locomotor skills, nonlocomotor skills, rhythmic sequencing

Fitness:
Participates in enjoyable, challenging activities, cardiovascular endurance

Personal/Social:
Participates, appreciates, enjoys movement

Your State (Write in here)