

Please note: Activities are member submitted and not approved prior to uploading by SHAPE America staff.

Name of Activity							
Jump Rope Progressions							
Submitted by	Jake Zanetti						
National Standard(s)	Standard 1- Demonstrates competency in a variety of motor skills and movement patterns.						
Grade Level Outcome or Performance Indicator	Standard 1	Kindergarten	Grade 1	Grade 2	Grade 3	Grade 4	Grade 5
	S1.E27 Manipulative <i>Jumping rope</i>	Executes a single jump with self-turned rope. (S1.E27.Ka) Jumps a long rope with teacher-assisted turning. (S1.E27.Kb)	Jumps forward or backward consecutively using a self-turned rope. (S1.E27.1a) Jumps a long rope up to 5 times consecutively with teacher-assisted turning. (S1.E27.1b)	Jumps a self-turned rope consecutively forward and backward with a mature pattern. (S1.E27.2a) 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)	Creates a jump-rope routine with either a short or long rope. (S1.E27.4)	Creates a jump-rope routine with a partner, using either a short or long rope. (S1.E27.5)
Activity Objective	Students will be able to perform basic through proficient rope jumping skills.						
Grade(s)	K-5						
Materials	One jump rope per student						
Activity Description							
<p>Skill: Basic Jumping</p> <ol style="list-style-type: none"> 1. Make an 'O' or a circle and sit criss-cross inside of that circle. → Make yourself BIG...make yourself small... 2. Jump IN and OUT (frontwards, backwards, side-to-side, OVER, <i>Creative/Unique Way</i> (allow for DEMOs) 3. Counting 'O's...play twice, check for proper jumping technique. Set 'O's goals or challenges 4. Make the first letter of your first name (Help where necessary) Find ways of jumping IN/OUT of it 5. Make an 'I' ...introduction to Ski-Jumps...use skiing metaphor and sounds effects <p>-Make an 'I' the length of the gym and Ski-Jump race Up and Down the gym</p> <p>Skill: Basic/Fundamental Jumping Rope – Progressions</p> <ol style="list-style-type: none"> 1. (*Gr. 2-5 – Allow for approx. 5 minutes of experimentation/familiarization time with their jump ropes.) 2. <i>Progressions:</i> Double Rope Over While Sitting → Make a “U” Jump Over → “U” Pull Jump Over → Basic Jump 3. WHOLE CLASS: Jump timing (teacher led) – EVERYONE hop in place when you hear the JUMP ROPE RATTLE 4. Practice, practice, practice 5. With a Partner – Jump the Brook, Catch the Snake (Sitting), Vertical Jump 							

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Modifications

Include ways to modify this activity for advanced, lower level and inclusion students.

-Students may/may not have had any experience with Rope Jumping. Allow for students to experiment and become familiar with their jump ropes throughout the unit.

-Keep expectations minimal to start out then move into more advanced levels of rope jumping