

Get Your Jump Rope Unit Hopping
Presenter: Chris Hooper, Sidney Public Schools
Agenda

K-2 Long ropes

It's easier to jump over ropes that are being turned for you

- Running through a long turned rope
- Starting from a stopped position and jumping a long turned rope
- Jumping over a rope being wiggled by two friends
- Jumping over a rope being swung side to side by two friends
- Jumping over a long rope that two friends turn

Chinese Jump rope

- Pattern in-out-in-on
 - Level 1: ankles
 - Level 2: calf muscles
 - Level 3: knees

Individual jump ropes

- Place jump rope on the ground and practice jumping in and out of the shapes
- Go around the room and jump in and out of as many shapes as you can
- Learn to turn an individual jump rope over your head
 - Go slow, step by step [Ben Landers has a good video](#)
- Play around the world: place many dots with a numbers on then around the practice area. Have kids go into a dot and jump rope however many times the dot says. Give them the choice of leaving when they master the dot by doing all in one turn or just jumping over their rope the number the dot says not matter if it was consecutive or not

3-5

[Jump bands](#)

Chinese Jump rope

Individual jump rope

- Jump rope battle
 - Make a few battle areas. Kids line up. First two kids step out and have a jump rope battle. They jump until one of them stops continuously jumping. Winner becomes champion and takes a break, not winner goes to new

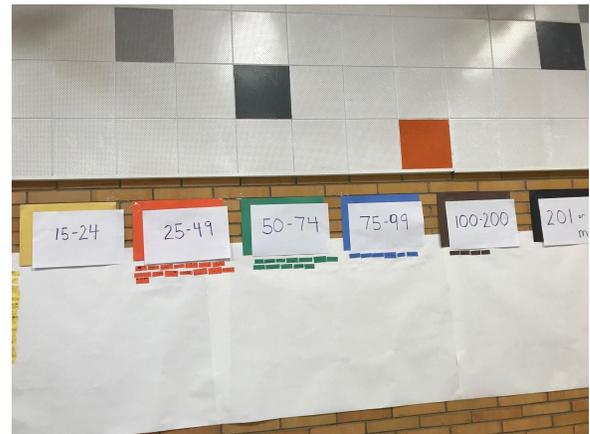
group or end of line. Next two jumpers battle. Winner battles the Champion and it continues like that

Jump rope skill Stations: I find as many jump rope skill posters or pictures as I want to introduce and put them up around the room. I make videos of the skills so the kids can [watch](#). I have an online document that the kids can sign if they “master the skill” Kids try to master as many skills as they want

Partner jump rope skills

Jump rope ninja: [Here](#) is a link to how someone on twitter I follow does it.

I make a big bulletin board with 6 colors: yellow 15-24 jumps in a row, Orange 25-49 jumps in a row, green 50-74 jumps in a row, Blue 75-99 , ,brown 100-200 jumps in a row, and black belts 200 or more consecutive jumps. I cut out thin strips of those colors and put them in a box with a glue stick and pen. Kids practice jumping and trying to make it to a belt. If they complete a belt then they find that piece of paper and write their name on it then glue it on the giant bulletin board to show off for the rest of the school



Long rope

- Jumping in front door and back door
- Sing songs and jump
- Cat and mouse

Double dutch

Make all of that stuff stations and let the kids choose what do and you have a great jump rope culminating event.