

<b>Guiding Objectives</b>	
<b>Focus Physical Education Standards:</b>	1.5 Jump a self-turned rope
<b>Common Core State Standards:</b>	<b>SL.1.</b> Engage effectively in a range of collaborative discussions (one-on-one, in groups, and teacher-led) with diverse partners on grade 4 topics and texts, building on others' ideas and expressing their own clearly.
<b>Student Learning Objectives:</b>	Students will: <ol style="list-style-type: none"> <li>1. Perform jump rope challenges with a partner</li> <li>2. Use the jump rope cues to provide feedback to your partner on their jumping.</li> </ol>
<b>Instruction</b>	
<b>Warm-Up:</b>	<b>Free Jump Rope to Music:</b> Students must be jumping continuously. They may take a quick 30 second break and then begin jumping again. If you don't have enough jump ropes, students can take turns with a partner, switching every 60 seconds.
<b>Anticipatory Set:</b>	<p><b>Tie to experience:</b> Raise your hand if you have a jump rope at home. Jump rope is an amazing cardiovascular endurance exercise. Today we are going to learn and complete a bunch of jump rope challenges. Do you know any jump rope challenges already? Turn and tell someone next to you some of the jump rope challenges you already know how to do or have heard of.</p> <p><b>What:</b> By the end of this lesson, you will be better at jumping a self-turned rope. You will also have learned many different jump rope challenges.</p> <p><b>Why:</b> Jumping rope is an amazing cardiovascular exercise. According to Science Daily, 10 minutes of skipping rope is about equivalent to running an 8 minute mile. Many professional athletes use jump rope as a form of endurance training, especially boxers.</p> <p><b>How:</b> When you are able to jump a self-turned rope, you will know that you have attained the standard for 4<sup>th</sup> grade. Learning all these different jump rope challenges helps make jumping rope even more fun!</p>

<p><b>Instructional Input/ Sequencing:</b></p>	<p>Note: Students should have had previous classes where they are focusing on the cues for jumping a self-turned rope.</p> <ul style="list-style-type: none"> <li>• Ask students to turn to a partner and review the cues together. Share out as a group.</li> <li>• Distribute and introduce the skills sheet and demonstrate the skills that are on the sheet.</li> <li>• Have partners spread out and take turns watching each other complete the challenges and counting how many times their partner completed each jump. Record partner's performance on the skill sheet. Keep each other honest.</li> <li>• In between each type of jump, counting partner gives feedback on technique.</li> </ul> <p>Jumping a self-turned rope cues:</p> <ol style="list-style-type: none"> <li>1. Keep elbows in and turn with your wrists</li> <li>2. Jump on the balls of your feet, with knees bent</li> <li>3. Jump when the rope is moving toward your feet</li> </ol>
<p><b>Strategies for Differentiation:</b></p>	<ul style="list-style-type: none"> <li>• Have cues posted on a whiteboard</li> <li>• If you have students who are still having trouble jumping over the rope, while other students are working on their task sheet, you can run a help session for those students.</li> <li>• Model the movement while you are reviewing the cues</li> <li>• Pair English learners up with a reading partner</li> </ul>
<p><b>Guided Practice:</b></p>	<ul style="list-style-type: none"> <li>• Students use the posted and pre-learned jump rope cues to try new jump rope challenges.</li> <li>• Provide enough jump ropes so all students can have their own. Or a set of partners can share, taking turns completing challenges often.</li> <li>• While a student is watching their partner jump, they should be counting their jumps for them. They can also be providing feedback on their partner's jumping, using the posted jump cues.</li> </ul>
<p><b>Formative Assessment:</b></p>	<ul style="list-style-type: none"> <li>• The jump rope challenge task sheet will provide feedback on student's abilities to jump a self-turned rope.</li> <li>• Students will have a discussion with their partner on how</li> </ul>

	they did on the challenges and discuss how they can improve using the posted jumping cues. Share out as a class.
<b>Application:</b>	<ul style="list-style-type: none"> <li>• Students use feedback from their partner and from the teacher to adjust their jumping accordingly during the lesson.</li> <li>• Students who finish the task sheet quickly can keep practicing their jumps and try to beat their previous scores or invent new jump rope challenges.</li> </ul>
<b>Closure:</b>	<ul style="list-style-type: none"> <li>• Students will have a discussion with their partner on how they did on the challenges and discuss how they can improve using the posted jumping cues. Share out as a class.</li> <li>• Ask students to raise their hand to tell what level they made it to today.</li> <li>• Explain that jump rope is a hard skill that takes a lot of practice and that there is varying ability levels and that it is okay whatever level they are at. Knowing what level you are at is good because it gives you feedback on what you need to practice.</li> </ul>
<b>Outcomes</b>	
<b>Evidence of Student Learning:</b>	<ul style="list-style-type: none"> <li>• If students are able to score some points on the task sheet, it is evident that they are able to jump a self-turned rope.</li> </ul>
<b>Follow-Up</b>	
<b>Re-Teaching Strategies:</b>	<ul style="list-style-type: none"> <li>• Use jump rope or these specific challenges as a warm-up activity throughout the year.</li> </ul>

## Jump Rope Challenge Task Sheet

Directions: Complete each skill on the list. You can try a challenge multiple times. Write how many jumps you did inside the box. Add up all your points at the end to see what level you achieved! (Each jump counts as 1 point. 10 points is the maximum you can get for each skill.)

Forward Jump	1x <input type="checkbox"/>	2-5 <input type="checkbox"/>	6-9 <input type="checkbox"/>	10+ <input type="checkbox"/>
Backward Jump	1x <input type="checkbox"/>	2-5 <input type="checkbox"/>	6-9 <input type="checkbox"/>	10+ <input type="checkbox"/>
One Foot Hop	1x <input type="checkbox"/>	2-5 <input type="checkbox"/>	6-9 <input type="checkbox"/>	10+ <input type="checkbox"/>
Jogging Step	1x <input type="checkbox"/>	2-5 <input type="checkbox"/>	6-9 <input type="checkbox"/>	10+ <input type="checkbox"/>
Heel Touch	1x <input type="checkbox"/>	2-5 <input type="checkbox"/>	6-9 <input type="checkbox"/>	10+ <input type="checkbox"/>
Front Cross	1x <input type="checkbox"/>	2-5 <input type="checkbox"/>	6-9 <input type="checkbox"/>	10+ <input type="checkbox"/>
Skiier	1x <input type="checkbox"/>	2-5 <input type="checkbox"/>	6-9 <input type="checkbox"/>	10+ <input type="checkbox"/>
Criss Cross Legs	1x <input type="checkbox"/>	2-5 <input type="checkbox"/>	6-9 <input type="checkbox"/>	10+ <input type="checkbox"/>
Scissor Step	1x <input type="checkbox"/>	2-5 <input type="checkbox"/>	6-9 <input type="checkbox"/>	10+ <input type="checkbox"/>
Butt Kicks	1x <input type="checkbox"/>	2-5 <input type="checkbox"/>	6-9 <input type="checkbox"/>	10+ <input type="checkbox"/>
High Knees	1x <input type="checkbox"/>	2-5 <input type="checkbox"/>	6-9 <input type="checkbox"/>	10+ <input type="checkbox"/>
Side to Side	1x <input type="checkbox"/>	2-5 <input type="checkbox"/>	6-9 <input type="checkbox"/>	10+ <input type="checkbox"/>
Double Under	1x <input type="checkbox"/>	2-5 <input type="checkbox"/>	6-9 <input type="checkbox"/>	10+ <input type="checkbox"/>

**Total Points:** \_\_\_\_\_

**Level:** \_\_\_\_\_

### Levels

Jump Rope Rookie:	1-13 points
Jump Rope Star:	14-65 points
Jump Rope Ninja:	66-99 points
Jump Rope- Master:	100+ points