

# Jumping

## How to Use It

- Teach Jumping activities in the order they are presented. While students are engaged, assess their abilities and then adjust accordingly. If an activity is too simple, use the SPARK It Up! extensions to provide additional challenge. If too difficult, simplify and slow down.
- Review the assessment sample provided on SPARKfamily.org. The Jumping Performance Rubric (SPARKfamily.org) is an observational tool you can use to collect skill development data.
- Use the Skill Cards found on SPARKfamily.org as visuals for you and your students. Print on card stock and laminate for durability.
- Jump Rope chants (various rhymes and rhythms) help keep students motivated, keep a steady pace, and enjoy jumping even more. Bring the card to class (located on SPARKfamily.org) and use it often.
- A sample unit plan based on an instructional model of 3, 30-minute PE classes per week, is provided on SPARKfamily.org. Note, however, that SPARK advocates for quality, daily physical education, and activities and lessons in all SPARK units can easily be expanded by using the SPARK It Up! activities provided.
- Remember to use a short 5-7 minute ASAP activity before the main activity in your lesson. Choose several from the ASAP sections to rotate throughout the unit.

## Teaching Tips

- The best surface for jumping and landing is the softest, smoothest one available. A suggested sequence of best to worst:
  - 1. Rubberized/tartan type floor
  - 2. Carpeted, well-padded floor with very low pile
  - 3. Wood floor
  - 4. Cement or blacktop.
- If forced to jump on a #4 or similar surface, limit the number of jumps and landings students attempt during class, and provide extra rest time in between active segments.
- Use music to start and stop activity and motivate the class.
- When using ropes, scatter them within the boundaries of your jumping area before students arrive. Or, have students walk the perimeter while you lay the ropes a safe distance from one another on the floor. Then send students to stand by a rope.
- The rope (when used for individual jumping) should be long enough to reach from beneath the child's feet to the armpits. If the rope is too long, prompt the child to exchange the rope for a shorter one, or tie a knot(s) in the one they have. A rope that is too short will be difficult to use and may frustrate the child.
- Have students practice new skills (or tricks) without the ropes first so they master the footwork before adding the challenge of turning the rope.
- Initially, have students set their ropes on the floor while listening to directions. Once they respond well to cues, allow them to hold the ropes in their hands during instructions.

## Basic Rope Jumping Tips

- Use wrists (rather than arms) to turn individual ropes. o Keep feet close together.
- Make low jumps, 2-3" off the jumping surface.
- Jump relaxed, with knees slightly bent, and land on the balls of the feet.
- As students practice jumping, move to assist as many as possible, and allow sufficient time for practicing 1 challenge before posing the next.

## Long Rope Jumping Tips

- Recruit 3rd-5th graders and/or parent volunteers to help with turning ropes.
- Rotate turners regularly so all students receive time to practice jumping.
- For students having difficulty, have them stand behind a turner and practice (without a rope) by jumping each time the rope hits the ground.