

# Jumping

## Introduction

Jumping provides vigorous, total body conditioning for children. Physical parameters addressed in this section include general coordination, rhythm and timing, muscular strength and endurance, and cardiovascular endurance. Activities in this unit range from jumping and landing exploration to stationary rope jumping, turning a long rope, jumping a long rope while it is being turned, and finally, jumping a rope that is self-turned. In addition to the physical parameters and skills learned and practiced, jump rope activities challenge students to strive for personal improvement and may be used to promote cooperative behavior

## What You Have

### SPARK Manual

- **Lessons**
  - 12 activities sequenced by level of difficulty.
- **Inclusive Strategies**
  - Tips to help meet the needs of all students.
- **Supplemental Lesson Content**
  - **Reflection Questions:** discussion questions are provided to reflect on what students have learned.
  - **Teaching Suggestions:** instructional hints from SPARK PE specialists who have instructed the activity before. Read prior to teaching for the “inside scoop.”
  - **SPARK It Up!:** variations provide extensions to address the developmental needs of students.
  - **Integrations:** ideas to connect PE to academic content, wellness concepts and promotion of physical activity outside of school. Can be read to students during warm-up, transitions, or cool-down.
  - **Standards:** indicates which national PE standards and grade level outcomes are addressed.
  - **SEL Competencies:** Shows the lesson’s alignment with CASEL’s SEL competencies and related skills.
  - **Vocabulary:** a list of words used to highlight academic content during the lesson.
  - **Teacher Reflection:** space to share how the lesson went & what modifications could be made next time.

### SPARK Instructional Media

- **Unit Plan**
  - A model of 3, 30-minute PE classes per week and can be used as is or modified to meet your needs.
- **Skill Cards**
  - Half-sheets with graphic and/or verbal depictions of individual and partner activities for scarves, beanbags, and hoops. Use to create stations and/or as visuals for teaching/learning. Print on card stock and laminate for durability.
- **Assessment Sample**
  - A sample performance rubric to document and guide learning.
- **Limited Equipment/Large Class Ideas**
  - Ideas for modifying activities to respond to these challenges.
- **Jump Rope Chants**
  - Cards containing chants to add enjoyment and rhythm to jump rope activities.