

Jump Rope

How to Use It

- Choose an activity based on the skill level of most of your students. As you teach, assess their comfort, interest and capacity to perform the activity and adjust accordingly. If an activity is too easy, jump to the SPARK It Up! variations to add more difficulty. If it is too difficult, decrease the variables, simplify and slow down.
- Review the assessment samples provided on the SPARKfamily.org website. The Jump Rope Self-Check is a student-paced assessment that can be administered throughout the entire unit. The Performance Rubric is an observational assessment you can use to collect skill development data. Ideally, plan to take rubric observations at the beginning, middle and end of the unit.
- The Create a Routine should be used toward the end of the unit.
- There are sample unit plans on SPARKfamily.org built on an instructional, 3 PE classes-per-week unit model. Use them as a guide to adjust and create unit plans that meet your particular instructional requirements.
- 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

Safety

- While turning ropes, always remind students to have an adequate amount of distance between them.
- Be sure the activity area surface is smooth and free from obstructions.
- Teach students that the rope is for jumping only.
- Teach students to lay the rope down while you are instructing.