

Jump Rope

Introduction

Jumping rope has been a popular activity throughout history and around the world. Today, jumping rope continues to be part of a child's leisure activities, an adult's fitness routine, and an athlete's national competition schedule. The activities in this unit give students the opportunity to enhance their aerobic capacity, muscular endurance, and body composition in a fun and social atmosphere. Activities in this unit can be adapted for a variety of skill levels. Aligned with National PE Standards and grade-level outcomes, activities are designed to include and challenge all students' physical skills, while maintaining enjoyable, health-promoting, moderate-to-vigorous physical activity during class.

What You Have

SPARK Manual

- **Activities**
 - 8 activities listed in order of complexity.
- **PACE (Physically Active Choices to Enjoy) Activities**
 - 3 activities designed to allow students to practice rope jumping skills, while they work independently at their own pace with a partner or small group.
- **Inclusive Strategies**
 - Instructional tips and equipment suggestions 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.

SPARK Instructional Media

- **Unit Plan**
 - A model of three 30-minute PE classes per week and can be used as is or modified to meet your needs.
- **Pedometer Activity**
 - An activity specifically designed to incorporate the use of pedometers. This activity can also be used as a small group assessment piece.
- **Skill Cards**
 - Half-sheets graphically and/or verbally depicting various skills throughout the unit. English on the front, Spanish on the back. Use to create stations, as visuals for yourself and your students, to help with creating routines, etc. Print on card stock and laminate for durability.
- **Task Cards**
 - Includes instructions for the Group Estimation activity, PACE activities, and student assessment. Print quantities recommended for each activity.
- **Assessment Samples**
 - Performance rubric and student self-assessment samples to document and guide learning.
- **Limited Space/Large Class Ideas**
 - Ideas for how to use the activities when faced with limited equipment and/or more students than you expected.