

Jump Rope

Introduction

Jumping rope has been a popular activity throughout history and around the world. Today, jumping rope continues to be a part of childhood leisure activities, adult fitness routines, and rope jumping athletic competition.

The activities in this unit are designed to improve students' aerobic capacity, bone density, muscular endurance, and body composition, and may be adapted for a variety of skill and fitness levels. Aligned with the National PE Standards and state content and performance standards, this unit is designed to include and challenge all students' physical skills, while maintaining enjoyable, health-promoting, moderate-to-vigorous physical activity during class. A unit-culminating Event is provided to generate enthusiasm and extend learning opportunities. Additional Activities may be found at SPARKfamily.org.

What You Have

SPARK Manual

- **ASAPs**
 - Three Jump Rope ASAPs used for warm-ups prior to activities in this unit.
- **Lessons**
 - Eight Jump Rope Activities sequenced by level of difficulty.
- **SPARK Event Experience**
 - The SPARK Jump Rope Event is a multi-day experience designed to extend student learning opportunities through enjoyable and meaningful context.
- **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.
 - **Teacher Reflection:** space to share how the lesson went & what modifications could be made next time.

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SPARK Instructional Media

- **Sample Unit Plan**
 - A grade level specific 15-day sample Unit Plan is provided for 6th, 7th, and 8th grades and can be used as written or modified to suit our needs.
- **Skill Cards**
 - Half-sheets with depictions of skills to create stations, use as visuals for learning, etc.
- **Task Cards**
 - These include instructions for the Which Takes More Steps? and Jump Rope Create a Routine.
- **Leveled Assessment Choices**
 - Assessment options include both cognitive and skill-based assessments along with suggestions for individual student portfolio development.
- **Limited Equipment/Large Class Ideas**
 - Ideas for how to use the activities when faced with limited equipment or large classes.