**Ready**

• 4 cones (for boundaries)

• 1 14' long rope per 3 students

• Music and player (optional)

**Set**

• Create large (30X30 paces) activity area.

• Scatter ropes within area, keeping them parallel.

• Create groups of 3; send groups to stand by a rope.

**GO!**

1. **Introduction**

• Today we are going to practice long-rope turning and jumping skills.

• Show you can be a good group-mate by sharing, taking turns, and doing your best.

2. **Building a House**

• Turners: Hold the rope 3" *(demonstrate)* above the floor *(ground)*.

• Jumpers: Face the rope, and jump back and forth over it.

• Turners: Each time the Jumper makes it over and back, raise the rope a little higher.

• Switch roles on my signal.

*• (Rotate students every 1-2 minutes after this and each of these activities.)*

3. **Ocean Waves**

• Turners: Make waves by moving your arms up and down.

• Jumpers: Can you time it so you jump over the lowest part of the wave?

4. **Snake in the Grass**

• Turners: Squat down, and wiggle the rope side-to-side like a snake.

• Jumpers: Can you leap over the snake?

5. **Blue Bells**

• Jumpers: Stand in the center of the rope facing a Turner.

• Turners: Move the rope back and forth like a pendulum; let it swing as high as your

shoulders.

• Jumpers: Jump over the rope just before it touches your feet. Watch the rope!

6. **Wrap It Up**

• When jumping over a swinging rope, should you jump high or low? *(Low.)*

• Give me a thumbs up if you:

ooDid your best.

ooTook turns.

ooShared your time and equipment fairly.

**Jumping School**

While the rope is being turned, one Jumper runs

in *(front door)* without jumping. This is passing

Kindergarten. To pass 1st grade, run in, take 1 jump,

and run out. For 2nd grade, run in, take 2 jumps,

and run out. You get it now! How many grades can

you pass in the next 3 minutes? *(Rotate Jumpers*

*and Turners.)*

**Jumping Clock**

*(Create groups of 4-5.)* While the rope is being

turned, the 1st Jumper runs in *(front door)*, jumps

once (1 o’clock), and runs out. The next Jumper

runs in, jumps twice (2 o’clock) and runs out.

Continue taking turns, adding 1 jump each time.

Can any groups reach 12 o’clock?

**STANDARDS ADDRESSED**

***NASPE***

#1, 2 Spatial and body

awareness, locomotor skills,

nonlomotor skills, rhythmic

sequencing

#3, 4 Participates in enjoyable,

challenging activities,

cardiovascular endurance

#5, 6 Participates, appreciates,

enjoys movement