HPE Activities and Assessments Task Force

K-5 Physical Education – Jump Rope

LESSON INFORMATION:

Lesson Title: Jump Rope for the Health of It

Objective: The student will develop jump rope skills.

Grade Level: K-5

Grade-Level Expectations:

PA1AK-5
- Recognize the components of skill-related fitness (agility, balance, coordination, reaction time, speed, power).

PA1B1-5
- Identify a variety of physical activities that promote wellness.
- Identify opportunities outside of school to participate regularly in physical activities.
- Identify benefits of regular participation in a variety of activities.
- Identify one activity designed to help reduce stress.
- Explain the relationship between stress and physical activity.

PA1C1-5
- Recognize signs associated with physical activity.
- Describe the benefits of appropriate warm-up and cool-down activity.
- Describe how the body responds to moderately vigorous physical activities.
- Identify the differences between anaerobic and aerobic activities.
- Explain the effects of aerobic and anaerobic activity.

PAD14, 5
- Recognize what systems work together to move your body.
- Identify the major function of the four body systems.
PA2AK-5
- Demonstrate the ability to share, be cooperative and safe with others.
- Demonstrate independence and good use of time while participating in physical activity.
- Demonstrate respect for all students regardless of individual differences in skills and abilities.
- Apply rules and procedures to activities.
- Apply self-control in physical activity settings and differentiate between appropriate and inappropriate behaviors.

HM2A4-5
- Identify the proper techniques of specialized skills.
- Critique techniques and provide feedback to teacher or partner.

HM3C1-5
- Demonstrate rhythmic activities.
- Create personal rhythmic pattern with a manipulative.
- Demonstrate rhythmic routine using fundamental movement skills and/or a manipulative.
- Create simple rhythmic routines using fundamental movement skills in partner and small group situations.

HM3E1
- Demonstrate appropriate social skills.

Content Standard: HPE 4

Process Standard: 3.3

Time needed to Teach this Lesson/Unit: Warm-Up
LEARNING TARGETS:
1. The student will recognize health components associated with jumping rope (cardio-respiratory endurance, muscular strength and endurance, flexibility).
2. The student will interpret rhythm while jumping rope.
3. The student will demonstrate a variety of jumping skills (e.g., forward, backward, sideways, crisscross).
4. The student will demonstrate appropriate social skills while jumping rope with others.
5. The student will recognize jumping rope as a lifetime activity.
LESSON DESIGN:

Course Layout: The cones should be set up in numerical order on the perimeter of the boundaries of a large rectangle.

Equipment: 1 Pedometer, 1 jump rope, 1 score sheet, jump rope skill sheet (http://www.pecentral.org/lessonideas/elementary/digiwalker/digiwalkersteprecorder.html), 1 pencil per partner group, 1 set of numbered cones, music

Directions: Assign the students to a numbered cone as they enter the gym. The students need room to jog clockwise around the outside of the cones. Have the equipment at each cone or have the students get the equipment on the way to the cone.

On signal, one partner will jog clockwise around the perimeter of the area while the other partner practices their jump rope skills. Each student will have a skills sheet containing the jump rope skills. The jumpers need to stay within the rectangle while their partners jog around the outside of the area. After three minutes, have the joggers stop and open the pedometer, check their step number, and go back to their cone. The jogger records his/her steps while the other partner puts the pedometer on and resets it to zero. On signal the new jogger jogs and the other partner jumps rope.

After both partners complete the warm-up, have them add their scores together for their team score.

Assessment: (directions and how to score or evaluate)

Differentiated Instruction:
Students will be challenged to exceed their personal best each time they complete the activity.

Technology and Materials Needed: Pedometers

Resources:
www.pecentral.org
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