**Title: Rope Jumping**  
  
**Type: Warming up, rope jump, fitness**  
  
**Lesson Goal:** 1st grade: can do a single jump over a self turned rope, can jump a long rope with a teacher turning, Jumps forward and backward consecutively with a self turned rope, jumps a teacher turned long rope 10 x consecutively

2nd grade: jumps a self turned rope forward an backward consecutively, jumps a long rope turned by classmates 5x in a row, performs intermediate jump rope skills, is able to run in and out of a long rope.

3rd grade: creates a jump rope routine with either a short or long rope. Creates a jump rope routine with a partner using a short or long rope.



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| **Instruction** | **Differentiation options** | **Extra info** |
| Basic skills:  Lay down rope. Practice Single bounce, double bounce, backwards spin jump while start from one end and work your way towards the end. Feet together and make them bounce.  Spin jump: double bounce and spin around.  Now with turning your rope. Stay at one place (don’t hit somebody else)   1. Turn the rope (no jumping yet) big arm circle nice and slow and step over the rope. 2. Turn and jump: turn first, then jump. When the rope comes down, then you jump. 3. Backwards: turn first and when the rope comes down, then you jump.   From here you can start teaching tricks.  Find lots of examples of tricks and explanation in the link below.  Choose which you like best and start teaching.  Good luck! | Extra assignment:  20 seconds of rope jumping, a minimal of 20 times without interruption= 25 points  If this succeeds two times in a row you get 25 points twice = 50 points  If this succeeds three times in a row you get 25 points thrice = 75 points. If this succeeds four times in a row you get 4x25 points = 100 points. You have got periods of 40 seconds of rest in between attempts |  |
| **Field set-up:** Afbeelding met tekst  Automatisch gegenereerde beschrijvingAfbeelding met tekst, schermafbeelding  Automatisch gegenereerde beschrijving | | |
| **Link to support/assessment document:** <https://www.thepespecialist.com/jumprope/> | | |

**Additional pages if necessary: there is a PDF attachment available.**