

# DO NOW/REQUIRED JUMPS

- Go my Weebly and Click on Jumping roping unit.
  - If cannot access videos from their go to your VIMEO app and type in:  
**JUMP ROPE SKILL**
  - Your job is to review all of the basic required jump rope skills.
- |                      |           |
|----------------------|-----------|
| ○ Basic Bounce       | Kickers   |
| ○ Jumping Jacks Hops | One Foot  |
| ○ Heel Touches       | Scissors  |
| ○ Skier              | Bell      |
| ○ Jogging Step       | Hip Twist |

# Jump Rope Unit





# LEARNING TARGETS

- **I WILL know how to properly measure a rope to fit my height.**
- **I WILL be able to analyze and explain my heart rate response to jumping activities.**
- **I WILL successfully perform various jump roping skills in a 90 second choreographed routine with a small group to music.**
- **I WILL work cooperatively and productively throughout this unit, particularly when I work with my small group.**



# Content Standards

- **I WILL refine, and demonstrate routines to music.**
- **Provide feedback to a partner to assist in developing and improving movement skills.**
- **Monitor the intensity of one's heart rate during physical activity.**

# CONTENT STANDARDS

## Psychological and Social Based

- **Participate** productively in group physical activities.
- **Evaluate** individual responsibilities in group effort.
- **Identify** and define the role of each participant in a cooperative physical activity.
- **Analyze** possible solutions to a movement problem in a cooperative physical activity and come to a consensus on the best solution.

# UNIT HANDOUTS

- Heart Rate Logs and Graphs Worksheet
- Note Taking Sheet (the one you have now to take notes on the presentation)
- Performance Rubric-we will go over this on Wednesday in detail.

# EXTRA CREDIT

- **You will** get your own jump rope and bring it to class everyday, you will receive extra points on your overall jump rope unit grade (**have not decided the worth of the points yet**).
- **You can** get jump ropes at Ross, Target, Walmart, Big 5 and other sporting good stores for under \$10 and you will have it for a **long, long time**.



# WHAT IS JUMP ROPING

- **Jump roping** is an activity where you coordinate a jumping pattern over a rope that is moving at a particular speed.
- **Jump roping** can be done individually, with a partner or in a small group.
- **Jump roping** has numerous skills that can all be coordinated with the speed of the rope.





# JUMP ROPING HAS SEVERAL BENEFITS

- **Jump roping** regularly will significantly improve your cardiovascular fitness, muscular strength/endurance which will lead to a decrease in body fat.
- **Jump Roping** helps to improve your speed, timing and rhythm, power, balance and agility.
- **Jump roping** is very efficient, burning a lot of calories in a short period of time.
- **Jump roping** requires very little space and very little equipment.
- **Jump Roping** is fun and easy to pick up.



# HOW DO I SIZE MY ROPE TO FIT ME?

- How do I size my rope to fit me



# Basic Required Jumps

○ **Basic Bounce**

○ **Jumping Jacks**

○ **Heel Touches**

○ **Skier**

○ **Jogging Step**

**Bottom Kickers**

**One Foot Hops**

**Scissors**

**Bell**

**Hip Twist**

# Jump Rope Skill Videos

- Go to your Vimeo and type in **Jump Rope Skill** or click on the link on my weebly.
- You will need to watch and practice the footwork for the **REQUIRED JUMP SKILLS** and **demonstrate to Coach before moving on to intermediate and advanced.**



# HOW WILL I BE ASSESSED?

- As your summative assessment, you will be randomly placed with a group of other students.
- You will be required to use some Basic, Intermediate and Partner Skills to perform a choreographed, 90 second routine.
- A rubric will be handed out and discussed in class so that you are very clear on the requirements.