

Jump Rope

Jump rope activities provide a foundation for fitness, aerobic capacity, and student gross motor skills.

Children will be able to:

- Demonstrate a variety of pre-jump rope and gross motor skills
- Demonstrate slow and fast speeds and directionality
- Demonstrate knowledge of physical fitness concepts, principles, and strategies to improve health and performance

Supports child growth in Kindergarten Standards

Physical Education

Movement Concepts:

- 1.3 Demonstrate contrasts between slow and fast speeds while using locomotor skills.
- 1.11 Jump over a stationary rope several times in succession, using forward-and-back and side-to-side movement patterns.

Rhythmic Skills:

- 1.16 Perform locomotor and non-locomotor movements to a steady beat.

Fitness Concepts:

- 3.1 Participate in physical activities that are enjoyable and challenging.

Aerobic Capacity:

- 4.5 Explain that physical activity increases the heart rate.



WILLIAM M. HASERMEHL
County Superintendent of Schools



Jump Rope Activities

CM School Supply

Materials	Item Number	Page Number
Greg & Steve Jumpin' and Jammin', CD	888-021	203
Silly Willie Workout, Movement CD	246-845	203
Outdoor Active Play Kit, 6 jump ropes	122-128	51
Portable CD Player/Cassette Boom Box	435-505	206

Silly Willie Workout Pre-Jump Rope activities:

Track 2: The Circle Song

Material set up: Set rope on the ground in a circle shape.

Motor Movement:

- Hop on one foot front, middle, back.
- Jump with two feet front, middle, back.

Track 3: Around the Rope

Material set up: Set rope in a straight line in front of student.

Motor Movement:

- Walk, run, gallop, skip, and hop around rope.
- Jump over stationary rope and in succession using forward-and-back and side-to-side patterns.

Track 6: Making Rainbows

Material set up: Student holds a rope end in each hand.

Motor Movement:

- Stand with elbows to side of self with rope behind feet.
- Hold hands wide and bring rope over head.
- No jumping.

Track 7: One, Two, Three Jump

Material set up: Student holds own jump rope.

- Stand with ample space between self and others.
- Hold own jump rope behind feet and elbows out to side.

Notes

For more information, contact Dave Scahill.
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