

Grades 4-5

Distance Learning Module 7: Week of May 18<sup>th</sup> – May 22<sup>nd</sup>

## Grade 4 Physical Education - *Jump Rope Activities*

**Targeted Goals from Stage 1:** Jump rope for as long as you can to improve cardiovascular fitness!

**Content Knowledge:** Students will learn to jump rope properly and increase endurance

**Vocabulary:** Endurance

**Skills:** Coordination, Balance, Timing, jumping and landing

**Expectation:** Click the links below to see videos of activities you should perform for each day of the week

Description of Task (s):	Resources and Materials:	Daily Checks (Return to Google Classroom or snapshots from a cell phone)
Monday: Jump rope games	For Kids: Jump Rope Games	
Tuesday:		
Wednesday: Jump rope activities	10-Minute Jump Rope Cardio Workout	
Thursday:		
Friday: Jump rope tricks	Basic Jump Rope Skills & Tricks	Respond to Exit Ticket Here

**Week criteria for success** (attach student checklists or rubrics):

- Rotate wrists to turn rope over head
- Time this correctly and jump while the rope passes underneath you
- Repeat this process consistently as you continue to jump

**Supportive resources and tutorials for the week** (plans for re-teaching):