

## **Double Dutch**

**Objective:** Student will be able to go through the steps needed to be successful in performing double dutch.

**NJCCCS:** HE 9-12.2.5.12.A- Movement Skills and Concepts

**Lesson:** Have the students go through the necessary steps before jumping into two ropes.

- Step 1- Turning
  1. Turners needed- 2
  2. Turn in egg beater motion
  3. Turn to the beat (count) of 1-2, 1-2, 1-2, etc.
- Step 2- Getting In
  1. Place markers on the ground shoulder-width apart. Have jumper jump onto spots and practice motion needed to jump in ropes.
  2. Jumper must jump into the ropes as the closest rope begins to rise.
  3. Turner (teacher) should say “now” to aid the beginner on timing of entrance.
  4. Jumper has to get into the **middle** of the ropes and step to a 1-2 beat.
  5. Remember to “slide” in with closest leg, and not just jump with two legs.

**Challenges:** Once the students are capable of getting into the ropes, challenge them to perform tricks.

- 180 Turn (Left-Right, Left-Left, Right-Left)
- Pop up (Right-Left, Down-up, Right-Left)
- The Hoff (Getting out of the ropes)
- 180 Pop up
- 360 Pop up
- Mumbles (2 feet together back and forth)
- Typewriter (Left-Right, Left-Left-Right, Left-Left)
- Pike (Pop up with a toe touch)

**Closure:** Gather students in and review all the steps, and have students demonstrate some of the challenges.