

## **Double Dutch for Life**

Double Dutch promotes teamwork, endurance, strength, agility and coordination. This “old school” activity involves at least three people; one or more jumping and two turning the ropes in an egg beater motion. This hands-on workshop is intended for Physical Education teachers grades K-12 and will give attendees the opportunity to learn how to turn and jump.

### **Bio**

Ken Hoff has been teaching Physical Education/Health for twenty-three years. During his first five years, Ken learned Double Dutch techniques from his students at Meridian Academy in Colts Neck (Monmouth County), an alternative school. He has been teaching Double Dutch at Ocean Township High School (Monmouth County) for the past eighteen years and formed the school’s first Double Dutch club. His team has performed in various school events which has created interest with both staff and students. Ken is self-taught and continuously learns most of his techniques from his students.

Ken Hoff

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Elementary-High School

### **Mode of Presentation**

Intro

Short Video

Double Dutch Demo

Double Dutch Demonstration (teach how to turn and jump)

Attendee Participation

Questions

### **Audio-Visual Needs**

DVD/LCD Projector

## **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:** Ones 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 Pup 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.

## Double Dutch Rubric

	1	2	3
Turning	Not Turning in Egg Beater Fashion and not to a 1,2 beat	Can turn properly but 1,2 beat is off	Perfect turning with elbows in, and ropes in perfect rotation.
Getting Into Ropes	Can't get into ropes	Timing to get into ropes is on but can't start jumping	Perfect entrance into ropes and able to start
Jumping	Has trouble with the 1,2 steps and can't go long	Can jump with 1, 2 beat successfully but cannot last long	Jumps in ropes for an extended period of time.
Tricks or Turns	Not able to do any turns or tricks	Able to turn or do 1 trick	Able to turn AND do at least 1 trick.