

JUMP ROPE



MR. REESE AND
MR. CAM

- **Tennessee State Standards for Physical Education (Grades K-5):**
- Standard 1: Motor Skills and Movement Patterns:
 - *Performance Indicator 1.2.4:* Jump continuously turned rope.
 - *Performance Indicator 2.2.2:* Identify selected critical elements of manipulative skills.
- Standard 2:
- Physical Activity and Health:
 - *Performance Indicator 4.2.2:* Identify changes in the body during sustained vigorous physical activity.
 - *Performance Indicator 4.3.1:* Correctly identify and engage in activities associated with health-related fitness.
- Standard 3: Personal and Social Development:
 - *Performance Indicator 5.2.1:* Demonstrate an understanding of classroom rules, procedures, and safe practices.
 - *Performance Indicator 5.3.1:* Work cooperatively with others in structured and unstructured settings.

National Standards for Physical Education (SHAPE America):

- Standard 1: The physically literate individual demonstrates competency in a variety of motor skills and movement patterns.
 - *Grade 3:* Demonstrates proficient jump rope skills, including forward and backward jumps.
 - *Grade 4:* Demonstrates advanced jump rope skills, incorporating variations and combinations.
- Standard 2: The physically literate individual applies knowledge of concepts, principles, strategies, and tactics related to movement and performance.
 - *Grade 5:* Develops a jump rope routine, applying principles of creativity, coordination, and rhythm.
- Standard 3: The physically literate individual demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.
 - *Grade 2:* Participates in age-appropriate physical activities, including basic jump rope exercises.

Common Core State Standards (ELA):

- Standard 2: Reading for All Purposes:
 - *Grade 3:* Follows procedural texts to learn new skills, such as jump rope techniques.

HOW TO REACH YOUR GOALS & NOT GIVE UP

by DAREBEE | darebee.com

TAKE A SHOT

every day
holds a new
opportunity -
today is a good
day to

START

STAY STRONG

you have it in you:
we all do

just stay with it -
it will get better

KEEP ON TARGET

don't see
change?

it's time to shake
things up and try
a new approach

PERSIST

it always
gets worse
before it
gets better -
your job is to

KEEP GOING

THE FINAL PUSH

yes, it is hard
but you've
got it now

is it worth it?
the answer
is always:
YES

**DON'T
GIVE UP!**

it takes time
to see the
difference

you are
almost
there

**YOUR
GOALS**

it doesn't
matter
how good
others
already are
at what you
are trying
to achieve

compare
yourself
only to
yourself

**GET A PLAN
OF ACTION**

get a GOOD
plan of action



Goal setting or
resolutions

Beat yourself

Do your BEST and
FORGET the REST!



Why do we jump rope ?

1. Fun Fitness: *Jumping rope is a joyful way to stay active, combining fun and fitness in one.*
2. Healthy Heart: *Boosts cardiovascular health, keeping our hearts happy and strong.*
3. Total Body Workout: *Engages muscles from head to toe, sculpting a fit and toned physique.*
4. Burns calories - keeps us fit
5. Feel-Good Vibes: *Leaves us with a sense of accomplishment and feel-good vibes.*



History of Jump Rope



Jump rope is a game that has been played for a very long time!

In ancient times, people in Egypt, China, and Greece used to jump over vines and animal intestines for fun. Even in the Middle Ages, kids found ways to play with ropes. Jump rope is loved all around the world, and in the 1970s, kids in New York City invented a cool game called Double Dutch, where two ropes are turned and jumped at the same time. Today, people everywhere enjoy jumping rope for fun, exercise, and lots of energy!

TIPS WHEN JUMPING ROPE

***STAND TALL, JUMP SMALL!**

***ELBOWS IN!**

***LAND ON BALLS OF YOUR
Feet (SOFT LIKE A CAT)**





FREE CHOICE!
SHOW ME YOUR
SKILLS!

- Beginner – warm ups

Circle – Skier and Bell (soft feet)

Propeller– (big circles arms– small wrist

Rodeo – Over head

Jump the Creek– Distance don't fall



SINGLE
BOUNCE



DOUBLE
BOUNCE



BACKWARDS

Challenge yourself to try one of these jumps!

1

SINGLE BOUNCE



2

DOUBLE BOUNCE




3

BACKWARDS



ENDURANCE CHALLENGE



1:00

A digital timer display showing the time 1:00. The numbers are white with a black outline. The background of the timer is a vibrant, multi-colored radial burst, transitioning from green on the left, through yellow, orange, and red in the center, to purple and blue on the right. The timer is set against a blue background with a white dot pattern.



JOGGER



SKIER



BELL

Challenge yourself to try one of these jumps!

1

SKIER



2

BELL




3

JOGGER



ENDURANCE CHALLENGE



1:00

A digital timer display showing the time 1:00. The numbers are white with a black outline. The background of the timer is a vibrant, multi-colored radial burst, transitioning from green on the left, through yellow, orange, and red in the center, to purple and blue on the right. The timer is set against a blue background with a white dot pattern.



STRADDLE



TWIST



SCISSORS



HEEL TAPS



CRISS CROSS

Higher order questioning

1. Analysis:

- *Examine the different jump rope tricks we've learned. How do they vary in complexity, and which ones challenge you the most?*

2. Evaluation:

- *Compare and contrast the benefits of jumping rope with those of other cardiovascular exercises. Why might someone choose jump rope over running or sports?*

3. Synthesis:

- *Design a short jump rope routine incorporating three different tricks. Explain your choices for each trick and how they flow together.*

4. Application:

- *Imagine you are teaching a friend who has never jumped rope before. What steps and advice would you provide to help them get started?*

5. Creativity:

- *Invent a brand-new jump rope trick that combines elements from two existing tricks. Describe how to perform it and why you think it would be fun.*

Goal Setting:

- *Set a personal goal for jump rope improvement. What specific steps will you take to achieve this goal, and how will you measure your success?*

These questions aim to stimulate critical thinking, creativity, and reflection, encouraging students to engage deeply with the jump rope lesson content



JUMP ROPE TRICKS



Basic

Single bounce
Double bounce
Backwards
Hop
Skier
Bell
Jogger
Rocker

Intermediate

Skip
Front straddle
Side straddle
Straddle cross
Side swing
Double side swing
Criss cross

Advanced

180 and 360
Toe to toe
Heel to heel
Side cross swing
Cowboy
Double under
Elevator
Wounded duck

THE
END!

Long Rope Beginner Level Groups of 3 or 4

Snake – turners knee wiggle like snake



Wave– turners knee wave about knee height

Harder Level



Mountain – one person standing up one on knees 3 jumps low middle high

Cradle – turners swing half circle sway side to side



Advanced Level

Run through – wait till jump rope passes your face

Full circle – jumpers jump in the try to do as many jumps as their age.



Expert Level

Invent a new trick or routine with group

Double dutch

Rhymes



Workout of the day (WOD)

As Many Rounds of Possible
(AMRAP)

Do your best and
forget the rest!



POWER LINE

DAREBEE WORKOUT
© darebee.com
5 sets | 2 minutes rest



30 jump rope skips
3 push-ups

30 jump rope skips
3 push-ups

30 jump rope skips
3 push-ups

30 jump rope skips
3 push-ups

30 jump rope skips
3 push-ups

done



WODS

This
or
that

JUMP ROPE

DAREBEE **HIT** WORKOUT © darebee.com

Level I 3 sets Level II 5 sets Level III 7 sets | 2 minutes rest



30sec skips



15sec squats



15sec jump squats



30sec skips



15sec squats



15sec calf raises



30sec skips



15sec squats



15sec jumping lunges

Elementary Crossfit Kids Open workout 16.2

Lil Annie not Lil Debbie

6 min AMRAP As Many Rounds As Possible

10 Single Under

10 Sit ups

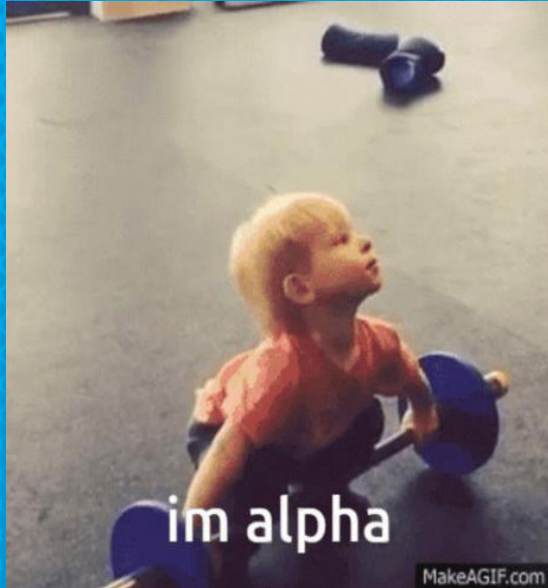
10 Second Superman hold

(Modify as needed)

Jump overs

Leg Raises

Super meehhhs



Rules for Jump Rope Ninja

BE SAFE AND BE HONEST

If you completed the belt progressive go to the next belt NOT WHITE TO BLACK BELT

Sign each belt you completed once

If you get to BLACK BELT have to be recorded IPAD or SENSAI (Teacher has to view)

If you are SENSAI master you can help teach others!





JUMP ROPE NINJAS

GRADE 1



CONSECUTIVE JUMPS

JUMPERS MUST START BACK AT ZERO IF THEY MAKE A MISTAKE.

START HERE

1 JUMP

3 JUMPS

5 JUMPS

10 JUMPS

15 JUMPS

20 JUMPS

25 JUMPS

30 JUMPS

50 JUMPS

ONCE A BELT IS EARNED, THE JUMPER MUST START BACK AT ZERO TO EARN THE NEXT BELT.



JUMP ROPE NINJAS

GRADE 2

CONSECUTIVE JUMPS



JUMPERS MUST START BACK AT ZERO IF THEY MAKE A MISTAKE.

START HERE

5 JUMPS

10 JUMPS

15 JUMPS

20 JUMPS

25 JUMPS

30 JUMPS

40 JUMPS

50 JUMPS

75 JUMPS

ONCE A BELT IS EARNED, THE JUMPER MUST START BACK AT ZERO TO EARN THE NEXT BELT.



JUMP ROPE NINJAS

GRADE 3

CONSECUTIVE JUMPS



JUMPERS MUST START BACK AT ZERO IF THEY MAKE A MISTAKE.

START HERE

10 JUMPS

15 JUMPS

25 JUMPS

30 JUMPS

45 JUMPS

60 JUMPS

75 JUMPS

100 JUMPS

125 JUMPS

ONCE A BELT IS EARNED, THE JUMPER MUST START BACK AT ZERO TO EARN THE NEXT BELT.



JUMP ROPE NINJAS

GRADE 4

CONSECUTIVE JUMPS



JUMPERS MUST START BACK AT ZERO IF THEY MAKE A MISTAKE.

START HERE

10 JUMPS

20 JUMPS

30 JUMPS

45 JUMPS

60 JUMPS

75 JUMPS

100 JUMPS

125 JUMPS

175 JUMPS

ONCE A BELT IS EARNED, THE JUMPER MUST START BACK AT ZERO TO EARN THE NEXT BELT.



1. How many jumps did you get consecutively? (Did you reach your goal today?)
2. How could jump rope benefit you in different sports or activities outside of school?
3. Which skill was the easiest movement and the hardest skill you tried today ? WHY?

4. If I was a new student who never has tried to jump rope how would you teach me? What tips would you give me ?

