

Skipping Rope

Action Schools! BC



Gymnasium



outdoors



K - 3

Healthy Bones

Strong bones are built during childhood and adolescence. Jumping, weight-bearing, and strength training activities build strong skeletons, and decrease the risk of osteoporotic fractures later in life.

Skipping rope builds strong bones, develops muscle endurance, promotes healthy hearts, and increases coordination. Social and cooperative skills are incorporated in the many variations of skipping rope such as long rope activities.

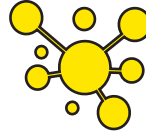
**HEALTH
COMPONENTS
OF FITNESS**

ENDURANCE
STRENGTH

HOPPING
JUMPING

**FUNDAMENTAL
MOVEMENT
SKILLS**

CURRICULUM CONNECTIONS



BIG IDEAS

- Daily physical activity helps us develop movement skills and physical literacy, and is an important part of healthy living (K-1).
- Daily participation in physical activity at moderate to vigorous intensity levels benefits all aspects of our well-being (2-3).
- Learning how to participate and move our bodies in different physical activities helps us develop physical literacy (2).
- Movement skills and strategies help us learn how to participate in different types of physical activity (3).

CURRICULAR COMPETENCIES:

- Develop and demonstrate a variety of fundamental movement skills in a variety of physical activities and environments.
- Participate daily in physical activity at moderate to vigorous intensity levels.
- Identify and describe opportunities to be physically active at school, at home, and in the community (K-2).
- Identify and describe opportunities for and potential challenges to being physically active at school, at home, and in the community (3).

CONTENT

- Proper technique for fundamental movement skills, including non-locomotor, locomotor, and manipulative skills.
- How to participate in different types of physical activities, including individual and dual activities, rhythmic activities, and games.
- Effects of different activities on the body (1).
- Effects of physical activity on the body (2).
- Practices that promote health and well-being.

FIRST PEOPLES PRINCIPLES OF LEARNING FOR ALL STUDENTS



- Learning ultimately supports the well-being of the self, the family, the community, the land, the spirits, and the ancestors.
- Learning is holistic, reflexive, reflective, experiential, and relational (focused on connectedness, on reciprocal relationships, and a sense of place).
- Learning involves patience and time.

COMPREHENSIVE SCHOOL HEALTH CONNECTIONS



RELATIONSHIPS AND ENVIRONMENTS

- Go outside to a local park or field.

TEACHING AND LEARNING

- Participating in physical activity in an outdoor environment can help to lower stress levels.

COMMUNITY PARTNERSHIPS

- Partner with the BC Heart and Stroke Foundation's *Jump Rope for Heart* program.

OUR SCHOOL POLICIES

- Make ropes available for all students in the school at recess and lunch time.

EQUIPMENT AND RESOURCES



- Single skip ropes – 7' (2.1m), long skip ropes – 16' (4.8m)
- Jump Rope for Heart's *Skipping Skills* animations - http://www.heartandstroke.com/site/c.iKlQLcMWJtE/b.8234479/k.9CC2/Skipping_skills.htm#_ga=1.3036528.1530281301.1475178412
- *Jumping into the Curriculum: Cross-Curricular Activities* (Heart & Stroke Foundation) - http://www.heartandstroke.com/atf/cf/%7B99452D8B-E7F1-4BD6-A57D-B136CE6C95BF%7D/Jumping_K-3_Eng.pdf
- *Skipping Rope – Short Skills Progressions and Action Tips, Hop, Skip & Jump Stations, Elastic Jump Rope and 100 Actions on 100's Day Activities* (available from: www.actionschoolsbc.ca/resources, also included with this activity).

IMPLEMENTATION



- Start with the *Skipping Rope – Short Skill Progressions and Action Tips* and the *Hop, Skip & Jump Stations*. Refer to Jump Rope for Heart's *Skipping Skills* animations for basic skills and variations - http://www.heartandstroke.com/site/c.iKlQLcMWJtE/b.8234479/k.9CC2/Skipping_skills.htm.
- Introduce elastic jump rope.
- Implement *100 Actions on 100's Day*.
- Allow students the choice to begin participating by themselves and/or with friends.
- Have students explain how they felt during the activity (e.g., Were they struggling to skip, was it too easy/challenging, etc.) and how it made them feel about themselves.
- Have students explain how participating in this activity could contribute to their health (e.g., It can help them build their endurance levels, they can have fun with friends, it helps to strengthen their muscles and bones, etc.).

ACTION TIPS

- Have students spread out.
- Keep their arms close to body when turning the rope.
- Use small bounces, rather than big jumps, and encourage a quiet landing by bending knees.
- To collect ropes without tangling, hold one handle up high and collect them like picking a bouquet of flowers.
- Hang ropes over a hook – tying a knot makes them hard to use.

SAFETY CONSIDERATIONS

- Ensure proper footwear and tied laces.
- Review with students the dangers of hitting others with their skipping rope, ensure students have plenty of space between each other.
- Ensure students warm up before the activity and cool down and stretch afterwards.
- Ensure teacher is present and can observe students at all times during the activity.

EXTENSION OF LEARNING

- Continue introducing rope jumping in Physical Education classes. Introduce single and long rope jumping skills as students' progress.

Skipping Rope - Short

Action Schools! BC



K-3

Healthy Bones

SKILL PROGRESSIONS AND ACTION TIPS

1 JUMPING SKILLS – ROPES ON THE GROUND

- Practise jumping and landing in different ways with ropes on the ground:
 - two feet jumps, one foot hops, forwards, backwards, sideways, zig-zag.
 - jump over the rope, jump along the rope.
 - jumps, hops, and leaps; big, small and medium; fast and slow; high and low.
 - make shapes, letters and numbers with ropes; jump into, along, around and over.

2 ROPE TWIRLING SKILLS

- Hold both handles in one hand:
 - twirl the rope in front (propellers), beside (wheels), overhead (helicopters).
 - twirl at different speeds, in different directions, with each hand.
 - twirl front to back; back to front.
 - twirl and jump: turn the rope at one side, jump as the rope hits the floor.

3 STEP THROUGH AND JUMP THROUGH

- Hold a handle in each hand, rope in front, step through one foot then the other, then jump through with two foot jumps.
- Jump a swinging rope: swing the rope and jump over without turning the rope completely over.

4 TURN AND JUMPING SKILLS

- Aim for one successful jump at a time.
- Watch for timing challenges. Some children have difficulty turning the rope first and then jumping. Use verbal cues “rope-jump” or “swing-jump”, then say and do.
- Use wrist action.
- Skip in different directions and pathways (e.g., forward, sideward, zig zag, curvy) and at different speeds.

ACTION TIPS

- Learning to skip rope takes a lot of energy. Watch for students who are getting tired or frustrated.
- Pair up primary with intermediate students for one on one assistance.
- Use short practise periods for individual rope skills.
- Alternate jumping with rope twirling, rope walking activities and games like:
 - **Snake Tails** – in pairs – one player wiggles the rope while the other tries to step on the end of the rope (the snake’s tail).
 - **Helicopter Jump** – tie a ring or bean bag to the end of a rope, one partner swings the rope around in a circle close to the ground. Partners try to jump the bean bag as it swings past.
- Use music to motivate and sustain practice.

Hop, Skip and Jump Stations

Action Schools! BC

✓ gymnasium

✓ outside

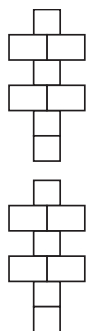


K - 3

Healthy Bones

Equipment

- 6-8 hula hoops
- 2 Chinese jump ropes
- sidewalk chalk
- 6-8 skip ropes
- hopscotch patterns - painted, chalked, painter's tape
- hopscotch markers (bean bags, coins or sticks)



1 Hopscotch
Hop and jump through the hopscotch patterns or play a game.

2 Skipping Rope
Practise individual jump rope. Set a personal record.

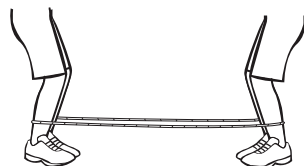


3 Bench Hops and Toe Taps
Tap bench (or sidewalk curb) alternating feet.



4 Chinese Jump Rope

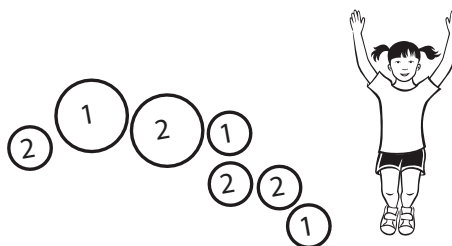
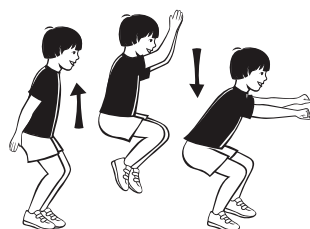
Count successful sequences.



5 Hula Hoppers
or circles made with ropes or chalk.

With chalk, write the number 1 or 2 inside hoops. Hop (1 foot) or jump (2 feet) through the hulas.

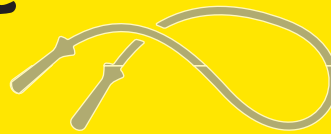
6 Bounce-at-the-Bell Jumps



Inspired by Pat Parker, Action Schools! BC Regional Trainer

Elastic Jump Rope

Action Schools! BC



✓ Gymnasium

✓ outdoors

K to 3

Healthy Bones

Elastic jump rope is a game enjoyed around the world also known as Chinese jump rope, elastics or skip tape. It is typically played by 3 jumpers and begins with following a jump pattern, at a low level first, and is often accompanied by a song (chant/rhyme). The rope is moved higher and higher making the completion of the pattern more difficult.

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COMPREHENSIVE SCHOOL HEALTH CONNECTIONS



RELATIONSHIPS AND ENVIRONMENTS

- Go outside to courtyard or playground.

TEACHING AND LEARNING

- Participating in physical activity in an outdoor environment can help to lower stress levels.

COMMUNITY PARTNERSHIPS

- Bringing in other classes to participate can help build relationships between students and staff members.

OUR SCHOOL POLICIES

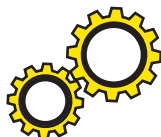
- Make physical activity part of every class during the day.

EQUIPMENT AND RESOURCES



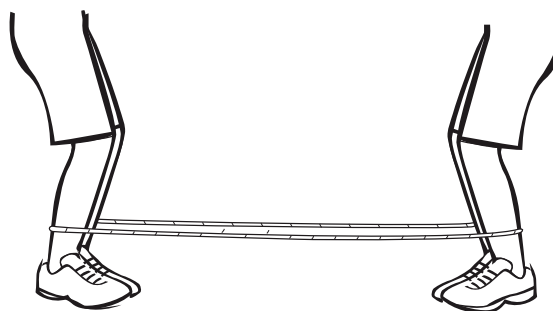
- Jump ropes: 16' (4.8m) of elastic tied into a loop or make your own with sewing elastic.
- Wiki-How's: [How to Play Chinese Jump Rope](#)
- YouTube videos: [how to play elastics](#) and [Chinese Jump Rope Tutorial](#) and some basic rhymes.

IMPLEMENTATION



- Refer to Wiki-How's: [How to Play Chinese Jump Rope](#) for rules and basic jump steps.

Learn the 6 basic jumps:



- Two participants stand facing each other with their feet apart and the rope around their ankles (see diagram above).
- They back away from each other far enough for the rope to stretch and lift off the ground.
- The jumper begins by standing outside the elastic, facing either participant. The lines represent the two parallel elastics of the jump rope.

Names and Words:

- Using these basic jumps, the jumpers can spell their names (one letter per jump) or other words and jump out when finished.
- Using a drum, have students jump on the beat. Count the number of jumps using ordinal

numbers, skip counting, etc.

- Move the rope up to the calves and then the knees etc. each time the routine has been performed successfully.
- Jumpers can add a jump/half turn between jumps.
- Have students explain how participating in this activity can contribute to their physical health (e.g., Make them stronger, help their bones develop, help them develop coordination, etc.).
- Ask students to reflect on and explain how participating in this activity made them feel physically and mentally (e.g., It made their legs tired, playing with their friends made them feel good and accepted, they felt confident about themselves, etc.).

ACTION TIPS

- Encourage a quiet two foot landing by bending knees.
- Invite students to experiment with using the rope.
- Have plenty of skipping ropes available for recess breaks so students can practise jump roping and the different techniques.
- Work with other students in order to do group jump roping.

SAFETY CONSIDERATIONS

- Ensure students warm up before the activity and cool down and stretch afterwards.
- Ensure teacher is present and can observe students at all times during the activity.
- Ensure proper footwear and tied laces.
- Emphasize the importance of personal space as students need adequate room as to not hit each other when they jump.

EXTENSION OF LEARNING

- Ask students where and when (e.g., after school at a playground by their home) they can do this activity outside of school and who they might be able to do it with (e.g. family, friends, etc.).
- Repeat the first sequence and add a **TWIST**: both feet on outside of rope bring ankles together then twist around 180 degrees. Jump out of twist and land with both feet out. Repeat and land with both feet in.
- Next add the **DIAMOND**: bring one side of rope across and pull into diamond shape with feet. Jump out and land with both feet out & repeat landing with both feet in.
- Finally the **BUNNY**: Jump across the rope catching one side and bringing it across then jump out of it. Repeat going the other direction. Practise the entire sequence.

100 Actions on 100's Day

Action Schools! BC

 classroom

 gymnasium

 outside

K - 3

Healthy Minds



Check each activity when complete



10 Marching Steps



10 Jumping Jacks



10 Toe Touches



10 Skips with a Rope



10 Metre Run



10 Hula Hoop Spins



10 Throws and Catches with a Friend



10 Hops on 1 Foot



10 Ball Bounces



10 Jumps on 2 Feet



NAME _____

completed 10+10+10+10+10+10+10+10+10+10+10 = _____ actions on 100's Day.