

Elastic Jump Rope

Action Schools! BC



✓ Gymnasium

✓ outdoors

4 to 7

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.

HEALTH
COMPONENTS
OF FITNESS

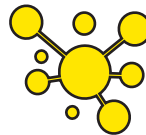
ENDURANCE
STRENGTH

JUMPING

FUNDAMENTAL
MOVEMENT
SKILLS

Healthy Bones

CURRICULUM CONNECTIONS



BIG IDEAS

- Daily participation in physical activity at moderate to vigorous intensity levels benefits all aspects of our well-being (4).
- Daily physical activity enables us to practise skillful movement and helps us develop personal fitness (5-6).
- Daily participation in different types of physical activity influences our physical literacy and personal health and fitness goals (7).

CURRICULAR COMPETENCIES:

- Develop and apply a variety of fundamental movement skills in a variety of physical activities and environments (4-5).
- Develop, refine, and apply fundamental movement skills in a variety of physical activities and environments (6-7).
- Participate daily in physical activity designed to enhance and maintain health components of fitness (5-7).
- Identify and describe opportunities for and potential challenges to participation in preferred types of physical activity at school, at home, and in the community (4-5).
- Describe how students' participation in physical activities at school, at home, and in the community can influence their health and fitness (6-7).

CONTENT

- Proper technique for fundamental movement skills, including non-locomotor, locomotor, and manipulative skills.
- Benefits of physical activity and exercise (4-5).
- Differences between the health components of fitness (5).
- How to participate in different types of physical activities, including individual and dual activities, rhythmic activities, and games.
- Effects of different types of physical activity on the body (7).
- Practices that promote health and well-being.

FIRST PEOPLE'S 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

- A big plus with this style of rope jumping is it can be done indoors and in smaller spaces. Point out to the students that it is a good way to exercise in the winter. Encourage students to pair up with others of different skills levels and abilities.

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



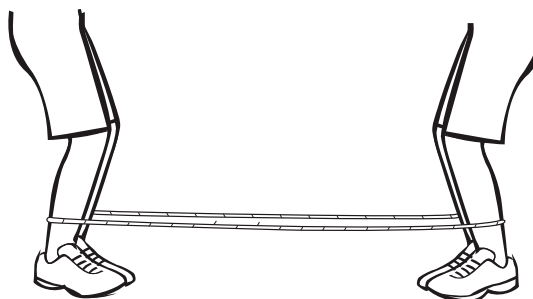
- Jump ropes – 16' (4.8m) of elastic tied into a loop or make your own with sewing elastic.
- Wiki-How's: [How to Play Chinese Jump Rope](#)
- YouTube videos: [how to play elastics](#) and [Chinese Jump Rope Tutorial](#) and some basic rhymes

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.
- 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.

- Ask if there are any students that are familiar with a variation of this game, and even have another name for it. Take this opportunity to explain how variations of this game are played all over the world and that there are many different combination of steps.
- 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.).
- Have each student record their progress. Using the handout 'Every Jump Counts'. This simple chart has a place to record their jumps and skills. It will help the students keep track of their progress and set simple goals for themselves. 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.).
- Try set routines (provided and on line). Introduce the chant - M-I-S-S-I-S-S-I-P-P-I. If students are having difficulties, have a peer or teacher stand in front of holder, and use hand movements to direct where to jump in relation to ropes).

ACTION TIPS

- Invite students to experiment with using the rope.
- Have plenty of elastic jump ropes available for recess breaks so students can practice different techniques.
- Show students how they can make their own using a bag of elastics.

SAFETY CONSIDERATIONS

- Ensure proper footwear and tied laces.
- Encourage a quiet two foot landing by bending knees.

EXTENSION OF LEARNING

- Play JUMP ROPE GAME: Divide the students into groups of 3 or 4.
- Explain how the game works: Each member of the team should have a turn being jumper.
- If the jumper makes a mistake during the sequence, it becomes the next person's turn.
- If the jumper completes the level, they should level up!
 - Level 1:** Rope around ankles, feet hip distance apart.
 - Level 2:** Rope around ankles, feet spread wide apart.
 - Level 3:** Rope around knees, feet hip distance apart.
 - Level 4:** Crazy level! Students, with ropes around their ankles can jump around causing the rope to move around while the jumper jumps.
 - Level 5:** rope around the ankle of ONLY ONE FOOT.