

# 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.

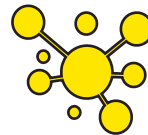
HEALTH  
COMPONENTS  
OF FITNESS

ENDURANCE  
FLEXIBILITY  
STRENGTH

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 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).

## 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

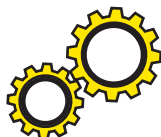
- Make physical activity part of every class during the day.

## EQUIPMENT AND RESOURCES



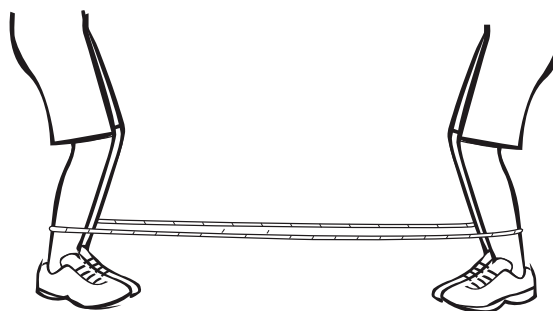
- Jump ropes: 16' (4.8m) of elastic tied into a loop or make your own with sewing elastic.
- Wiki-How's: [How to Play Chinese Jump Rope](#)
- YouTube videos: [how to play elastics](#) and [Chinese Jump Rope Tutorial](#) and some basic rhymes.

## 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.