

Skipping Rope

Action Schools! BC



Gymnasium



outdoors



4 - 7

Healthy Bones

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.

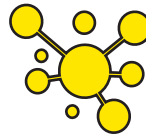
HEALTH
COMPONENTS
OF FITNESS

ENDURANCE
STRENGTH

HOPPING
JUMPING

FUNDAMENTAL
MOVEMENT
SKILLS

CURRICULUM CONNECTIONS



BIG IDEAS

- Daily 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 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

- Fill out field trip forms or waivers for students to leave the school grounds.

EQUIPMENT AND RESOURCES



- DVD and music player
- Music with a good beat
- Single skip ropes – 8' (2.4m) adjust for height
- Long skip ropes – 16' (4.8m)
- Jump ropes – 16' (4.8m) (make your own with sewing elastic)
- *Activity First/Jump Rope* website (<https://sites.google.com/site/activityfirst/jumprope>)
- *Jump Rope for Heart Skipping Skills* videos (available on YouTube)
- *Inuit Jumping Game* (similar to double-Dutch, available from: <http://www.gamesmuseum.uwaterloo.ca/VirtualExhibits/Inuit/english/jump.html>), *optional*.

IMPLEMENTATION



- Begin by modeling the correct ways to hold a jump rope.
- Demonstrate how to use hands, arms and feet together in order to jump rope.
- Teach jump rope skills (long, single) in Physical Education and practise during breaks.
- Teach jump rope. Have students counting the sounds as the jump rope hits the floor. Alternating this with having students to listen to the beat and rhythm in songs to jump rope to.
- Make ropes available at recess, lunch, and to take home.
- View the YouTube videos for skipping skills from *Jump Rope for Heart*.
- Play music with a good beat.
- Practise jumping rope inside without a rope on the spot and then over a line.
- Have students work together in pairs to create games, chants/rhymes, and/or patterns to skip rope.
- Have students share rhymes that they know and share with peers, emphasizing the importance of team building and goal setting.
- Have students reflect on and 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. Encourage students to keep a record of how many jumps they perform in a row. Next time they jump rope, encourage them to try and increase the number of consecutive jumps (goal setting).
- 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.).
- Have each student record their progress. Make a simple chart using the moves and tricks in the Jump Rope handout on the *Activity First/Jump Rope* website, providing students with 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.).

ACTION TIPS

- Have students spread out and 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 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.

EXTENSION OF LEARNING

- Challenge students to swing rope the other direction to jump.
- Play videos for children to see more experienced jump ropers.
- Allow students to try harder techniques.