**Big Idea/ Topic**

How do jump rope activities help your cardiovascular health?
What is the correct way to jump rope?

**Standard Alignment**

PE3.1: Demonstrates competency in motor skills and movement patterns needed to perform a variety of physical activities.
c. Demonstrates movement skills and patterns following specific rhythms.

PE3.3: Participates regularly in physical activity.
a. Chooses to participate in structured and/or non-structured physical activities

PE3.4: Achieves and maintains a health-enhancing level of physical fitness.
a. Participates in moderate to vigorous activities for at least 20 minutes.

PE3.5: Exhibits responsible personal and social behavior that respects self and others in physical activity settings.
d. Works independently to practice skills.

**Connected Standards**

HE3.1: Students will comprehend concepts related to health promotion and disease prevention to enhance health.
a. Identify the link between healthy choices and being healthy.
c. Give examples of intellectual, physical, emotional, and social health.

HE3.5: Students will demonstrate the ability to use decision-making skills to enhance health.

HE3.7: Students will demonstrate health-enhancing behaviors and avoid or reduce health risks.
a. Practice healthy behaviors.
b. Perform healthy practices that maintain or improve personal health.

**Instructional Design**

This lesson has a flexible timeline and will cross over several days.

This lesson is intended to reach students in a virtual setting, whether plugged or unplugged. See the bottom of the lesson for a list of unplugged supplies.

Part 1: Students will begin with a cardio workout. You can lead your own workout or use one of the videos linked below.

https://www.youtube.com/watch?v=L_A_HjHZxfI – Kids Workout 1
https://www.youtube.com/watch?v=lc1Ag9m7XQo – Kids HIIT Workout

*Unplugged variation to read aloud – Print out Warm Up sheet below.*
Part 2: Have students watch the video below. After watching the video, have students complete the Heart Health worksheet below.
https://www.youtube.com/watch?v=y6UXXjez7Ho – I Heart Exercise E16

*Unplugged variation* - Cardiovascular System Activity below. After completing the activity, have students complete the heart health worksheet below.

Part 3: In a live or recorded session, have the students practice their jump rope skills. You can create your own presentation for students or use one of the PowerPoints/activities below.
- **Individual Jump Rope Tricks PowerPoint** – see attached
- **Partner Jump Rope Tricks PowerPoint** – see attached
- **Jump Rope Tricks Wheel Decide** https://tinyurl.com/y8t6z6q3

*Unplugged variation* - Print out individual and partner jump rope tricks PowerPoints (see attached) and have students practice tricks.

Part 4: In a live or recorded session, have the students continue to work on their jump rope skills. You can create your own videos for students or use one of the videos below.
https://www.youtube.com/watch?v=vj54NUkooKo – Kids Heart Challenge Single Rope Skills
https://www.youtube.com/watch?v=9PqYL4zTnxY – Basic Jump Rope Skills and Tricks
https://www.youtube.com/watch?v=YsFs5FrROxc – Intermediate Jump Rope Tricks

*Unplugged variation* - Give students the “Jump Rope Ninja” handout and allow them to practice their jump rope skills.

Unplugged Supplies:
- Warm Up sheet print out
- Healthy Heart worksheet print out
- Stopwatch or clock
- Jump rope, rope, or string
- Heart health worksheet print out
- Individual and partner jump rope tricks PowerPoints print out
- Jump Rope Ninja print out
- Jump Rope Bingo print out

Evidence of Student Success

Part 5: Sample Assessments
- Jump Rope Bingo – see below
- Jump Rope Routine worksheet – see below

Student Learning Supports

Ideas for Differentiation:

Our goal is for all students to be actively engaged. Below are changes to the lesson to help achieve that goal for students who need additional support. *Note: Be careful using these lessons for all students. If students can complete the activities on their own, it would be best to let them do this independently.*

- Allow students to jump at their own pace.
- Allow students to jump in place.
- Allow students to use a pool noodle to jump rope instead.
- Allow students to jump in place and move their wrists if no jump rope is available.
- Allow students to experiment to become familiar with using a jump rope.
- Allow students to jump forward and backward over the rope before swinging the rope over their heads to get used to jumping rope.
- Allow students to use a long jump rope.

**Opportunities for Extension:**
- Have students record their jump rope routine to share.
- Have students create a tutorial video to teach others their routines.
- Have students write a letter to a friend or family member about why it is important to exercise for heart health.

**Engaging Families**

**Heart Challenge Single Rope Skills**
- Basic Jump Rope Skills and Tricks [https://www.youtube.com/watch?v=9PqYL4zTnxY](https://www.youtube.com/watch?v=9PqYL4zTnxY)
- Intermediate Jump Rope Tricks [https://www.youtube.com/watch?v=YsFs5FrROxc](https://www.youtube.com/watch?v=YsFs5FrROxc)

Georgia Home Classroom: [Season Fitness](https://www.youtube.com/watch?v=YsFs5FrROxc) can be added as a warm-up activity

**All activities and resources should be previewed before student use. Adjustments should be implemented to provide for individual abilities, needs, and safety.**
Warm-Up Activity

- 20 Jumping Jacks
- 10 Arm Circles
- 20 High Knees
- 15 Mountain Climbers
- Jog in Place for 20 Seconds
- Add one more exercise of your choice!
Cardiovascular System Activity

Activities for Students

Note: The following activities are written in language appropriate for sharing with your students.

Your Beating Heart

Objectives:
Students will:
• Feel their pulse, at rest and after exercise
• Count and compare heart rates
• Understand how exercising is one way to keep the heart healthy

Materials:
• Stopwatch or clock
• “Healthy Heart” handout
• Jump ropes (optional)

Class Time:
20 minutes

Activity:
Every time your heart beats, it pushes oxygen-carrying blood through your body. You can feel your heart beat - it’s called finding your pulse. Hold two fingers gently against your wrist or the side of your neck, where you can feel (and maybe even see) a blood vessel. (You have to be very still and quiet. If you have trouble, ask your teacher for help.) Then, as your teacher times 30 seconds, count how many times your heart beats. Double that number (or add it to itself). This is how many times your heart beats in 1 minute at rest. When you move around a lot, blood needs to move oxygen around your body even faster so your heart pumps faster. Sometimes you can even feel your heart pounding in your chest. For 1 minute, run in place or do jumping jacks (or if there’s space, jump rope). After a minute, stop, find your pulse, and count how many times your heart beats. Double that number. How does it compare to when you were at rest?

Remember, your heart is a muscle, so it’s important to keep it strong! Exercise and being active help keep your heart healthy. Look at the pictures on the “Healthy Heart” handout. Circle all the activities that make your heart beat faster. Draw a box around the activities that usually don’t make your heart beat any faster than normal. Finally, draw a heart around your three favorite activities. What things do you like to do that can help keep your heart strong and healthy?
Healthy Heart Worksheet (to be used with “Your Beating Heart” Activity):

**Healthy Heart**

Instructions: Circle all the activities that make your heart beat faster. Draw a box around the activities that usually don’t make your heart beat any faster than normal. Finally, draw a heart around your three favorite activities.

Heart Health Worksheet

Name: __________________________

Heart Health ♥

Things I learned:

- The heart is a muscle.
- The heart is about as big as my fist. Its job is to pump blood throughout my body.
- Blood carries oxygen for my body to use.
- The more I move or exercise the more oxygen my body needs which makes my heart pump faster.
- To keep my heart strong I must exercise regularly and eat healthy foods.

One way I can keep my heart healthy:
Jump Rope Ninja Handout

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
35 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 Bingo

Directions: Try to get as many blocks (jumps) completed as you can. Have another student sign the block for the jump you completed. You must do the jump at least 5 times in a row.

8 or more blocks: You are a jump rope expert!!

5-7 blocks: Wow you are a jump rope superstar!!

1-4 blocks: You are jump rope master!!
Individual Jump Rope Tricks

Slide 2

**Side Swing**
1. Twist rope to one side
2. Repeat on the opposite side
3. Twist rope alternatively from side to side
 Hint: Keep hands together, keep feet together

Slide 3

**Double Side Swing & Jump**
1. Twist rope to left side
2. Twist rope to right side
3. Jump over rope

Slide 4

**Slider (Side To Side)**
1. Jump left
2. Jump right
 Hint: Feet move laterally 4-6” to each side, keep feet together.

Slide 5

**Bell (Forward And Backward)**
1. Jump forward
2. Jump backward
 Hint: Feet move 4-6” forward & backward as a bell clapper, keep feet together.

Slide 6

**Straddle (Spread Together)**
1. Jump to a straddle position
2. Return to basic bounce
 Hint: Spread feet shoulder width apart.
**Slide 7**

**Scissors**
1. Jump to stride position with left foot forward
2. Jump and reverse position of feet

**Slide 10**

**Full Turn (The Complete Circle With Rope In Front)**
1. Turn body left, with right turn of rope
2. Slide swing left, body turns right
3. Full turn body means left turn to right

**Slide 8**

**Straddle Cross**
1. Jump to straddle position
2. Jump to crossed legs
3. Feet shoulder width apart

**Slide 11**

**Forward 180**
1. Slide swing left, half turn of body right
2. Jump over backward hanging rope
3. Follow rope, right and body stay left

**Slide 9**

**Crossover (Cross Arms)**
1. Cross arms and jump
2. Open rope, basic bounce

**Slide 12**

**Leg-Over (Pretzel)**
Use the same arm and leg for the pretend. Be sure to bend your arm up and use your other leg to join the rope.
Partner Jump Rope Tricks (PPT)

Slide 1

Partner Jump Rope Tricks

Slide 2

Slide 3

Slide 4

Slide 5

Slide 6

Slide 7