

Sample [Physical Education] Learning Plan

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_HjHZxfl – 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

Engaging Families

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**

Georgia Home Classroom: [Season Fitness](#) 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



- **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.



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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

45 JUMPS

60 JUMPS

75 JUMPS

100 JUMPS

125 JUMPS













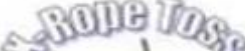

ONCE A BELT IS EARNED, THE JUMPER MUST START BACK AT ZERO TO EARN THE NEXT BELT.

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!!

 	 	Double bounce both feet	 
 	 	 	Jog in place
 	 	 	Front Back Cross 
 	3 trick combo forward	 	Choice: Choose Your Favorite Jump

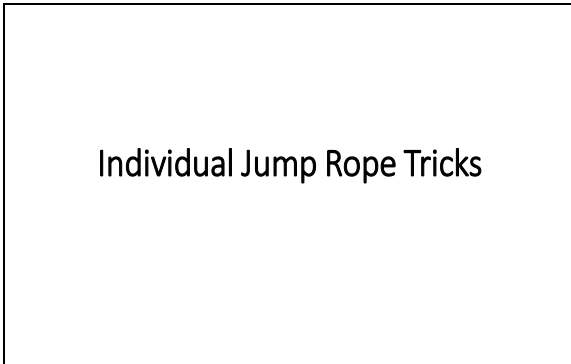
1-4 blocks: You are jump rope master!!

Jump Rope Routine Worksheet

<h1>MY JUMP ROPE ROUTINE</h1>	
	
Trick One:	
Trick Two:	
Trick Three:	
Trick Four:	

Individual Jump Rope Tricks (PPT)

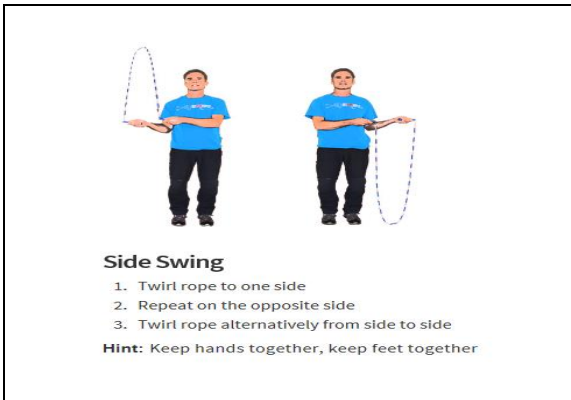
Slide 1



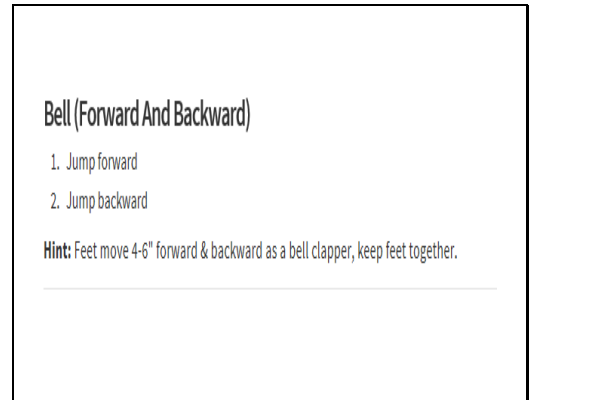
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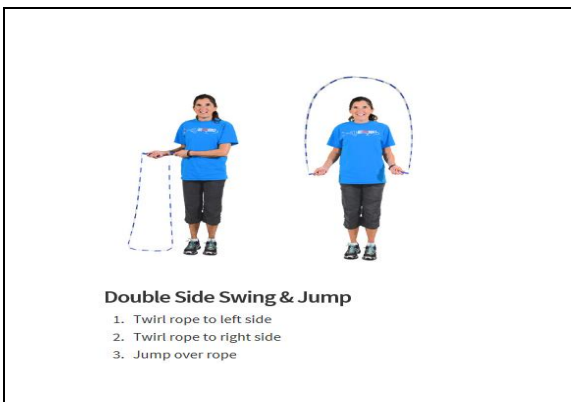
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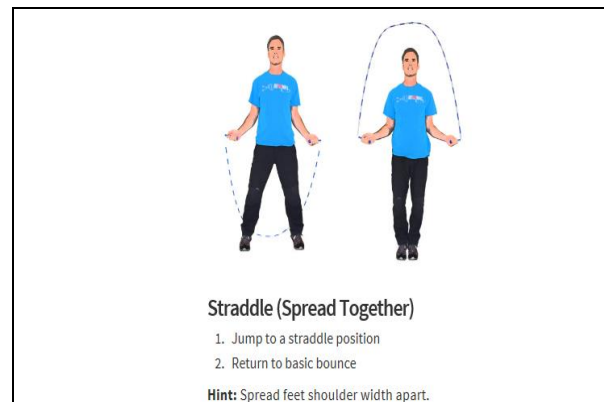
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Slide 3



Slide 6



Slide 7



Scissors

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

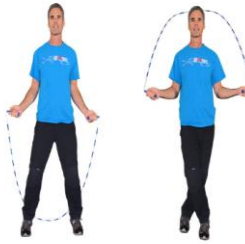
Slide 10



Full Turn (One Complete Circle With Rope In Front)

1. Turn body left, with right turn of rope
2. Side swing right, body turns right
3. Full turn body makes full turn to right

Slide 8




Straddle Cross

1. Jump to straddle position
2. Jump to crossed legs

Hint: Feet shoulder width apart

Slide 11




Forward 180

1. Side swing left, half turn of body right
2. Jump over backward turning rope

Hint: Follow rope, rope and body may turn to left

Slide 9




Crossover (Cross Arms)

1. Cross arms and jump

Hint: Open rope, basic bounce

Slide 12



Leg-Over (Pretzel)

Use the same arm and leg for the pretzel. Be sure to bend your arm up and use your wrist to spin the rope.

Partner Jump Rope Tricks (PPT)

Slide 1



Slide 5

6 Two in One Rope – Side-by-Side (Full Turn)
Prerequisites: Two in One Rope – Side-by-Side (Basic Jump)

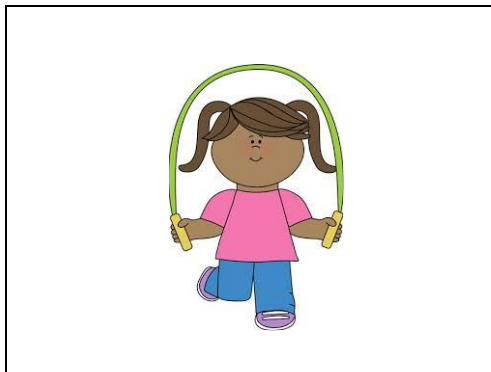
cues: ready • set • go • swing and turn • lift and turn • jump

STEPS

- Partners stand shoulder-to-shoulder as in Two in One Rope – Side-by-Side (Basic Jump).
- One partner calls "Ready, Set, Go," and both swing the rope up from behind on "Go."
- As the rope comes down to the feet, both partners turn toward each other (one counter-clockwise and one clockwise) and continue toward the back, swinging the rope between them.
- As the rope comes up from the ground, both partners lift their arms up high and keep turning toward the front.
- As the rope comes down in front, both partners bring their hands down by their sides so the rope hits their toes in front. Neither partner jumps.
- Repeat Steps 1-5. Add a jump at the end.
- Repeat Steps 1-5. Add a jump at the beginning.

tips: See tips for Two in One Rope – Side-by-Side (Basic Jump). • The motion is similar to a Full Turn with a single rope. • Also practice from the other side.

Slide 2



Slide 6

5 Two in One Rope – Side-by-Side (Alternating Sides)
Prerequisites: Two in One Rope – Side-by-Side (Basic Jump)
Two in One Rope Side-by-Side – (One In, One Out)

cues: ready • set • go • partner B • partner A
• partner B • partner A

STEPS

- Partners stand shoulder-to-shoulder as in Two in One Rope – Side-by-Side (Basic Jump).
- One partner calls "Ready, Set, Go," and both swing the rope up from behind on "Go."
- As the rope comes down in front, partner A brings her right arm down across her body to the left side, and only partner B jumps over the rope.
- On the next rope turn, partner A returns her right arm to the right side, and partner B crosses his left arm over to his right side. Only partner A jumps over the rope.
- Continue the pattern of alternate jumping between partners.

tips: See tips for Two in One Rope – Side-by-Side (Basic Jump) and One In, One Out. • The partner outside the rope does not turn toward the other partner. • The partner crossing his or her arm should bring his or her hand down to waist level. • Also practice from the other side.

Slide 3

1 Two in One Rope – Face-to-Face (Basic Jump)
Prerequisite: Basic Jump with single rope

cues: ready • set • go • jump • jump • jump

STEPS

- Partners stand facing each other about 1' apart with one partner holding both rope handles.
- The partner with the rope calls "Ready, Set, Go" and swings the rope up from behind on "Go." Both begin jumping in unison.
- Partners continue to jump together with a single or double-bounce.

tips: Use a rope that is 1' longer than your usual single rope. • Stay close together. • A double bounce is much easier for partners than a single bounce. The partner with the rope should make larger arm circles than usual to include the other jumper.

Slide 7

7 Two in Two Ropes – Side-by-Side (Basic Jump)
Prerequisite: Basic Jump with single rope

cues: ready • set • go • jump • jump • jump

STEPS

- Partners stand shoulder-to-shoulder, facing forward, each holding his or her own rope.
- The partners exchange inside rope handles so that each holds one handle of his partner's rope and one handle of his own rope.
- One partner calls "Ready, Set, Go." Both swing the ropes up together on "Go" and jump in unison.
- Partners keep jumping together with single or double bounces.

tips: Use regular length single ropes. • Stay close together. • Both partners should turn the rope at the same speed. • A double bounce is much easier for partners than a single bounce. • Also practice from the other side.

Slide 4

2 Two in One Rope – Face-to-Face (Free Turns)
Prerequisites: Two in One Rope – Face to Face (Basic Jump)

cues: jump • jump • turn • turn • turn • turn

STEPS

- Partners jump together as in Two in One Rope – Face-to-Face (Basic Jump).
- The partner without the rope makes a quarter turn to the right with each jump, turning in a circle.
- Continue turning to the right to complete a circle.

tips: See tips for Two in One Rope – Face-to-Face (Basic Jump). • Use your head and shoulders to start the turning motion. • Also practice turning to the left. • Also practice other basic footwork skills within the turn (Side Shuffle, Forward Shuffle, etc.).