

DPA Pages!

Skipping Ropes

DESCRIPTION:

Skip for 10 minutes during transitions or before/after breaks.

DPA Endurance, Strength

EQUIPMENT:

TV/DVD/CD Player
 Single Skip Ropes – 8' (2.4 m) – adjust for height
 Skip-n-Hops
 Jump2bFit CD or DVD
 Jump Rope Music CD

IMPLEMENTATION IDEAS:

- Teach jump rope skills in physical education and practise during breaks.
- Skip while the DVD is playing.
- The Jump2bFit CD and the Jump Rope Music CD contain a variety of high tempo music and the DVD are excellent resources for keeping the students interested and motivated.

ACTION TIPS:

- Ensure students are wearing proper footwear with laces tied.
- Keep arms close to body.
- Use small bounces, rather than big jumps.
- Keep students spread out.
- To collect ropes without tangling, have students hold one handle up high and collect them like picking a bouquet of flowers.
- Hang ropes over a hook by the classroom door for easy access and to keep them from tangling.

RESOURCES: (refer to Action Pages! at www.actionschoolsbc.ca in these and other resources)

1. Action Schools! BC *Classroom Action Resource* – Skipping Rope and Chinese Jump Rope
2. Jump2bFit Manual/CD/DVD (F) (in 4 to 7 and Middle School Action Bins).
3. Heart Smart Kids Program (F)
4. Active Playgrounds (F) offers several skipping, courtyard (eg. 4-square) and wall/ball games suitable for intermediates (in all Action Bins).



Action Schools! BC

