

DPA Pages!

Try Skipping Ropes

DESCRIPTION:

Try SKIPPING for 10 minutes during transitions or before/after breaks.

DPA DAILY PHYSICAL ACTIVITY:

Endurance

Strength

EQUIPMENT:

TV/DVD/CD Player

Single Skip Ropes – 8' (2.4 m) (in Action Bin) adjust for height

Skip-n-Hops

Jump2bFit CD or DVD (in Action Bin)



IMPLEMENTATION IDEAS:

- Teach jump rope skills in physical education and practise during breaks.
- Skip while the DVD is playing.

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)

1. *Heart Smart Kids Program* included in all Action Bins
2. *Jump2bFit Manual/CD/DVD* (DVD available in French) is included in the intermediate Action Bin. The Jump2bFit CD contains a variety of high tempo music and the DVD is an excellent resource for keeping the students interested and motivated.
3. *Active Playgrounds* offers several skipping, courtyard (eg. 4-square) and wall/ball games suitable for intermediates. Included in all Action Bins.

Reference: This page was created from the original activity page included in the Classroom Action Resource – K to 7 and Middle School.



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