

# **New Jersey After 3 Promising Practices in Health & Fitness**



## **Jump Rope Jive 6th Grade - 8th Grade**

**Based on a Promising Practice at  
Partner: Paterson YMCA  
School Site: Norman S. Weir School—Paterson  
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# Welcome

Welcome to New Jersey After 3's Promising Practices in Health and Fitness Project Guide. New Jersey After 3 is a private nonprofit organization dedicated to expanding and improving afterschool opportunities for New Jersey's kids. Our vision is for all New Jersey kids to have access to high-quality, comprehensive, structured and supervised afterschool activities. NJ After 3's extensive network of nonprofit run, school based afterschool programs currently serve approximately 14,000 children in partnership with 100 public school throughout the state.

NJ After 3 programs provide critical services to NJ communities:

- ◆ **Keeps Kids Safe** during the hours of 3pm to 6pm, the most dangerous hours for children;
- ◆ **Expands Learning Time**, providing kids with academic support, tutoring, and homework help;
- ◆ **Promotes Positive Youth Development** by keeping kids physically active, exposing kids to the arts, and engaged in their community through service learning;
- ◆ **Supports Working Families** by providing parents and guardians with the support they need to work fulltime by offering a safe, structured and supportive environment for their children to learn after the traditional school day ends.

## Promising Practices in Health and Fitness

As a component of NJ After 3's Sports, Health and Fitness Initiatives, NJ After 3 identified four promising practices from across it's network of afterschool programs. These practices highlight the implementation of nutrition, health and physical fitness activities in the afterschool environment. These activities support increased physical activity, expand student's knowledge of healthy lifestyle practices and encourage students to attain new skills in sports.

For more information about NJ After 3 visit: [www.njafter3.org](http://www.njafter3.org)



Robert Wood Johnson Foundation

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# Project Overview

## Jump Rope Fitness



### Jump Rope Jive

**Grades:** 6th—8th or advanced jumpers

**Description:** During this unit, the children will be involved in a jump rope club called Jump Rope Jive. Education on muscle awareness and overall fitness is integrated throughout the sessions. Jump Rope Jive offers the students an opportunity to increase their jumping skills, gain teamwork experience, and explore healthy competition emphasizing personal goals and improvement.

- Session 1 - Jumping Muscles
- Session 2 - Tricks & Creative Jumping
- Session 3 - Skill Development
- Session 4 - Team Jump Rope Routines
- Session 5 - Jump Rope Jive Achievements

**Materials needed for these units:** Jump ropes are a necessary tool that your program must provide. All of other materials referenced are reproducible from the appendix and/or reference section found in the back of this manual.



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**Rope Jive**

# Overview



## Jumping Muscles

During this session, you will introduce the idea of creating a Jump Rope Club. This session will cover the importance of exercise and the specific muscle groups used and strengthened while jumping rope.

### *Teambuilding Activity*

**Sharing:** 10 minutes

The children will share their favorite form of exercise, discuss what it means to exercise and learn various ways to stay physically active.

### *Activity One*

**Discussion:** 15 minutes

Discuss the importance and benefits of getting adequate exercise and go over the muscle groups used and strengthened when jumping rope.

### *Activity Two*

**Jump Roping with Single Rope:** 15 minutes

During this session, the children will get the opportunity to practice jumping rope. This will give you time to help assist any children who may need help and to get a feel for the different levels of ability.

### *Reflection/Closing*

**Jump Rope Club:** 5 minutes

Introduce the idea of creating a Jump Rope Club, "Jump Rope Jive." Discuss the purpose of the club: To set jump rope goals and work toward meeting and exceeding them.

#### *Materials Needed:*

- ◆ Jump ropes (one for each child)
- ◆ Blackboard or dry erase board
- ◆ Anatomy and Physiology poster (if available)
- ◆ Jump Rope Jive Goal sheet

#### *Prior to Session:*

- ◆ Create a list of healthy activities
- ◆ Become familiar with where the muscles are located and their associated movements
- ◆ Prepare adequate space to turn rope and jump without interruption
- ◆ Make copies of the Jump Rope Jive Goal sheet
- ◆ (Optional) Locate an Anatomy and Physiology poster (See useful website handout for places to buy posters.)



45 minutes



# Teambuilding Activity



## Sharing

### Exercise

- Ask the children to share what they think it means to “exercise.”

Provide the definition of “exercise”: The activity of exerting your muscles in various ways to keep fit.

- Have the children take a moment and think of their favorite form of exercise and record the list of activities the children shared on the board. See if anyone chose jumping rope?
- Add to the list to help share the many ways one can be active while having fun during and after school.

### Jumping Rope

- Ask the children if they have any experience jumping rope. Invite them to share those experiences. Prompt them to share things like:
  - Did they jump alone, or did others help turn the rope?
  - Did they perform any tricks?
  - Did they use one rope, or two?
  - Do they know any jump rope rhymes, or songs?

### *Materials Needed:*

- ◆ Blackboard or dry erase board

### *Prior to Session:*

- ◆ Definition of “exercise”
- ◆ Create a list of healthy activities



10 minutes



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# Activity One



## Discussion

### *Materials Needed:*

- ◆ Blackboard or dry erase board
- ◆ Anatomy poster/chart (if available)

### *Prior to Session:*

- ◆ Become familiar with where the muscles are located and their associated movements (see My Muscles in Appendix).

During this session, the importance and benefits of exercise will be discussed. The children will learn about the muscles used and strengthened when jumping rope.

- ◆ Importance and benefits of being active:
  - Feeling healthier
  - Becoming more alert
  - Avoiding sickness
  - Increasing energy
  - Increasing flexibility
  - Staying lean
  - Building muscle
  - Improving balance

Invite the children to add to the list, or ask questions they might have.

- ◆ Muscle groups used and strengthened when jumping rope

### ***When Jumping:***

- Calves
- Hamstrings
- Quadriceps
- Abdominals
- Arm muscles (biceps and triceps)

### ***When Turning Rope:***

- Arm muscles (biceps and triceps)
- Back muscles
- Shoulder muscles

Show students where these muscles are located on the body and what movements each muscle is responsible for.

While discussing each of the muscle groups, have the children perform through movements that specifically use the muscles you are discussing.

Ask the children to repeat the name of the muscle three times after you introduce it.



15 minutes



# Activity Two



## Jumping Rope with Single Rope

- ◆ Give each child a jump rope and let them all practice jumping rope.
- ◆ Instruct and help those children who may need your assistance and guidance.
- ◆ Have the children practice various ways of jumping rope such as: walking through the rope while moving through space, hopping on one foot, and skipping through the rope.
- ◆ Get creative, especially for those children who already know how to jump rope well. This session should be fun, flexible, and open for them to explore their own possibilities.
- ◆ You can bring the muscle groups into this session as well. Draw the children's attention to the different muscles they are using. You can call out different muscles and have the children point to where that muscle is on their body. This will help integrate what you discussed about the muscle groups.

### *Materials Needed:*

- ◆ Single jump ropes (one for each child)

## Reflection/Closing

### Jump Rope Club

- ◆ Introduce the idea of creating a Jump Rope Club — "Jump Rope Jive"
- ◆ Discuss goal setting with the children. Tell them that they will be learning many different ways to jump rope. As participants in the Jump Rope Jive, they will be asked to set jumping goals and work toward achieving those goals through hard work and practice.
- ◆ Record the names of the children who are interested in participating in the Jump Rope Jive.



20 minutes



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# Overview



### *Materials Needed:*

- ◆ Jump ropes (one for each child)
- ◆ Stereo and upbeat music
- ◆ Copies of the Jump Rope Jive Goal sheet
- ◆ pencils

### *Prior to Session:*

- ◆ Prepare a warm-up routine (See useful websites in the Appendix)
- ◆ Plan motions, footwork, tricks you want to focus on
- ◆ Choose music to play while they jump
- ◆ Prepare a cool-down routine (See useful websites in the Appendix)



45 minutes

## Tricks & Creative Jumping

During this session, the children will learn and practice new jump rope tricks. This session may be held as many times as you need to practice and go over various motions, tricks, and routines.

### *Warm-Up Activity*

**Stretching & Warm-ups:** 10 minutes

Guide the children through a stretch and warm-up routine to avoid injuries and to promote a safe and enjoyable practice. Repeating the same stretch routine at each session will show improvement, and increased flexibility and strength.

### *Activity One*

**Tricks & Creative Jumping Instruction:** 10-15 minutes

Take the children through several different tricks and creative jumping techniques. Invite them to practice as they learn the new techniques.

### *Activity Two*

**Tricks & Creative Jumping Practice:** 10-15 minutes

Give the children time to practice jumping rope performing the new tricks. Ask them to think about where their abilities are strong and where they could improve their jumping skills.

### *Goal Setting & Cool Down*

**Setting Jumping Goals:** 10 minutes

Guide the children in cool down exercises. Then provide each child with a Jump Rope Jive Goal sheet and ask them to choose which tricks they would like to focus on. They may also create their own goals and add them to the chart.



# Warm-Up Activity



## Stretching & Warm-Ups

- ◆ Instruct the children to find a space on the floor or have them form a circle.
- ◆ Discuss the importance of warming up:
  - Aids in avoiding injuries
  - Warms up muscles and joints
- ◆ Guide the children through a warm-up routine that specifically stretches the muscles used when jumping rope. You should use a similar routine to start each session so the children become familiar with it and can practice it at home. Note: This is a great time to review the muscle groups.

*Prior to Session:*

- ◆ Create a warm-up routine



10 minutes



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# Activity One



### *Materials Needed:*

- ◆ Jump ropes (one for each child)
- ◆ Stereo and upbeat music

### *Prior to Session:*

- ◆ Plan motions, footwork, tricks you want to focus on
- ◆ Choose music to play while they jump

## Tricks & Creative Jumping Instruction

- ◆ Play some upbeat background music.
- ◆ Instruct the children get a jump rope and stand in front of the instructor who will demonstrate the jump rope tricks. Below are some tricks and creative jumps you might include in your demonstration. Feel free to add or delete from this list.
  - turning the rope from back to front
  - turning the rope from front to back
  - jumping without interruption
  - jumping while walking forward
  - jumping while walking backwards
  - criss-crossing your arms between jumps
  - moving your arms to one side, or the other, between jumps
  - jumping fast (no rope hits between jumps)
  - kicking your legs out between jumps
  - double dutch
- ◆ Ask the children to perform each of the tricks as they are demonstrated. Tell them to think about which tricks are easy for them and which are challenging. Explain that if they work hard and practice the tricks they find challenging, they'll get better and better. These tricks might be the ones they will set as goals to achieve.



10-15 minutes



# Activity Two

## Tricks & Creative Jumping Practice

- ◆ Continue to play upbeat background music as you circulate the room assisting children who need guidance.
- ◆ Allow the children to practice either:
  - solo
  - with their peers, or
  - in centers, one trick designated for each center
- ◆ If any children feel they have mastered the tricks, you might challenge them to find new creative ways to demonstrate their jumping abilities.



### *Materials Needed:*

- ◆ Jump ropes (one for each child)
- ◆ Stereo and upbeat music

### *Prior to Session:*

- ◆ Choose music to play while they jump



10-15 minutes

# Goal Setting & Cool Down



## Setting Jumping Goals

### *Materials Needed:*

- ◆ Copies of the Jump Rope Jive Goal Sheet
- ◆ pencils

### *Prior to Session:*

- ◆ Have a cool-down routine planned (See useful websites hand-out)

- ◆ Ask the children help clean up the jump ropes.
- ◆ Instruct them form a circle or find space on the floor. Distribute the Jump Rope Jive Goal Sheets. Ask them to complete the sheet by recording their names and choosing which tricks they would like to work on improving.
- ◆ Collect their Goal Sheets and file them so they can be used at the end of this unit to celebrate their achievements.
- ◆ Guide them through some cool down stretches. It would be beneficial to practice the same cool down routine in each session. Explain why it's important and beneficial to cool down:
  - To avoid injuries
  - When muscles are warmed up, it is easier to get into deeper stretches and therefore increases flexibility
  - A time to settle down



10 minutes



# Overview

## Skill Development

This session will be focused on skill development. The children will practice skills they learned in the last session and be challenged to jump for speed and duration.

### *Warm-Up Activity*

**Stretching & Warm-ups:** 10 minutes

Guide the children through a stretch and warm-up routine to avoid injuries and to promote a safe and enjoyable practice. Repeating the same stretch routine at each session will show improvement, and increased flexibility and strength. The children will be informed of today's objectives.

### *Activity One*

**Fast Track:** 30 minutes

The children will participate in *The Fast Track* activity.

### *Reflection & Cool Down*

**Debrief & Cool Down:** 5 minutes

Guide the children in cool down exercises. Ask them to share their thoughts about today's activity.



#### *Materials Needed:*

- ◆ Jump ropes—one for each child
- ◆ Stereo and music
- ◆ Copies of "The Fast Track" (found in the Appendix)
- ◆ Timer

#### *Prior to Session:*

- ◆ Create a warm-up routine
- ◆ Copies of worksheet: "The Fast Track" (found in the Appendix)
- ◆ Create a cool-down routine



45 minutes

*Prior to Session:*

- ◆ Create a warm-up routine

## Stretching & Warm-Ups

- ◆ Instruct the children to find a space on the floor or have them form a circle.
- ◆ Discuss the importance of warming up:
  - Aids in avoiding injuries
  - Warms up muscles and joints
- ◆ Guide the children through a warm-up routine that specifically stretches the muscles used when jumping rope. You should use a similar routine to start each session so the children become familiar with it and can practice it at home. Note: This is a great time to review the muscle groups.
- ◆ Discuss the objectives of today's activities:
  - test jumping skills
  - strengthen the ability to maintain control
  - develop consistency in jumping
  - enhance endurance
  - instill patience, discipline, and determination
  - improve different motions and footwork



10 minutes



# Activity One

## Skill Development

This session challenges the children to improve their jump rope speed and endurance. The idea is to prepare them for competitions as well as for them to achieve personal goals. If you choose, this activity can be used to foster friendly competition.

### ◆ The Fast Track

In this exercise, the children will be tested on how fast and for how long they can jump rope. The children will be given the opportunity to see what their current skills are and set a personal goal.

- Work with one child at a time and have the other children be rope turners or help with singing and support. If more than one staff member is available, you can break the children into a few groups. (Children who are waiting can be practicing their jumping tricks.)
- There are two components to this exercise: speed and duration. Each child should be timed for each component twice so they have a chance to beat their record.
- Rotate the children so they are not performing both components back to back. They should have a break between each component.

*For the speed portion*, time how fast the students are able to perform a specific routine. The routine should be the same for everyone.

- Teach the children a jump rope routine. It should involve simple jumps in a pattern. For example, you might ask them to jump three times on one leg, three times on the other, three on both feet, three moving forward.
- Allow time for them to practice the pattern before being evaluated.

*For the duration portion*, time how long they can jump. (You may be able to evaluate several children at once for this portion.)

- Record their records on “*The Fast Track*” worksheets.



### *Materials:*

- ◆ Jump ropes (one for each child)
- ◆ Copies of worksheet
- ◆ Timer

### *Prior to Session:*

- ◆ Make copies of worksheet: “The Fast Track”



30 minutes

*Prior to Session:*

- ◆ Create a cool-down routine (See useful websites)

## Debrief & Cool Down

- ◆ Ask the children to sit together and partner with a peer. Prompt them to share their thoughts regarding today's activity. Some questions you might ask are:
  - What did you learn about your skills today?
  - Where do you think you can improve (speed, motions, foot work, endurance, etc.)
  - What do you feel is your strongest skill?
  - Where have you seen the most improvement in your jump-  
ing skills?
- ◆ Guide them through some cool down stretches. It would be beneficial to practice the same cool down routine in each session. Explain why it's important and beneficial to cool down:
  - To avoid injuries
  - When muscles are warmed up, it is easier to get into deeper stretches and therefore increases flexibility
  - A time to settle down



5 minutes



# Overview



## Jump Rope Team Routines

This session will be focused on skill development and the implementation of a jumping routine. The children will practice skills they learned in the last session and discover how to use jump rope rhymes to create routines.

### *Warm-Up Activity*

**Stretching & Warm-ups:** 10 minutes

Guide the children through a stretch and warm-up routine to avoid injuries and to promote a safe and enjoyable practice. Repeating the same stretch routine at each session will show improvement, and increased flexibility and strength. Session 2's tricks will also be reviewed.

### *Activity One*

**Creating Routines:** 10-15 minutes

The children will work with a team to use the tricks they've learned to create a jump rope routine to perform together. They may use a rhyme that everyone can sing along to, or simply create a sequence of steps that they can perform in unison.

### *Activity Two*

**Team Jump Rope Performances:** 10-15 minutes

Teams of children will perform their jump rope routines.

### *Reflection & Cool Down*

**Debrief & Cool Down:** 5 minutes

Guide the children in cool down exercises. Ask them to share their team experiences and discuss what teamwork skills they practiced while working together.

#### *Materials Needed:*

- ◆ Jump ropes—one for each child and a few long ones for team jump roping
- ◆ Stereo and music
- ◆ Board and/or dry erase board

#### *Prior to Session:*

- ◆ Create a warm-up routine
- ◆ Gather songs and jump rope rhymes (found in the Appendix)
- ◆ Record a list of all the skills and motions previously covered.
- ◆ Create a cool-down routine



45 minutes

## Stretching & Warm-Ups

### *Prior to Session:*

- ◆ Create a warm-up routine

- ◆ Instruct the children to find a space on the floor or have them form a circle.
- ◆ Discuss the importance of warming up:
  - Aids in avoiding injuries
  - Warms up muscles and joints
- ◆ Guide the children through a warm-up routine that specifically stretches the muscles used when jumping rope. You should use a similar routine to start each session so the children become familiar with it and can practice it at home. Note: This is a great time to review the muscle groups.
- ◆ After they have finished stretching, go through the list of tricks they've learned so far. Tell them that they will be using those skills to create a jump rope routine.



10 minutes



# Activity One



## Creating Routines

- ◆ Break the children into small groups and give each group a list of jump rope rhymes. You can provide a jump rope to each child and allow the groups to decide if they want each teammate to have their own rope, or to use one for the whole team.
- ◆ Announce the guidelines for creating team jump rope routines. Guidelines may include but are not limited to:
  - all teammates must perform
  - include music (either sing, or play music on the stereo)
  - set a time limit
  - must include three tricks minimum
- ◆ Talk to the children about the importance of teamwork. Tell them that the more cooperatively they work, the better their performance will be.
- ◆ Circulate and stop in with each group reminding them of the routine guidelines and the importance of teamwork.

### *Materials Needed:*

- ◆ Jump ropes—one for each child and a few long ones for team jump roping
- ◆ Timer
- ◆ Stereo and music
- ◆ Copies of jump rope rhymes & songs list (found in the Appendix)
- ◆ Board and/or dry erase board

### *Prior to Session:*

- ◆ Copy jump rope rhymes & songs list (found in the Appendix)
- ◆ Gather songs and jump rope rhymes (see the Appendix for examples)
- ◆ Record a list of all the skills and motions previously covered.



10-15 minutes



# Activity Two



## Team Jump Rope Performances

### *Materials Needed:*

- ◆ Jump ropes—one for each child and a few long ones for team jump roping
- ◆ Timer
- ◆ Stereo and music
- ◆ Copies of jump rope rhymes list (may use the list in the Appendix)
- ◆ Board and/or dry erase board

### *Prior to Session:*

- ◆ Gather songs and jump rope rhymes (see the Appendix for examples)
- ◆ Record a list of all the skills and motions previously covered.

- ◆ Gather the children around in a semicircle.
- ◆ One at a time, allow the groups to perform in front of their peers. Invite the audience to sing along if the groups use rhymes in their performance.
- ◆ Ask the audience to applaud each group as they complete their routine.



10-15 minutes



# Reflection & Cool Down

## Debrief & Cool Down

- ◆ Ask the children help clean up the jump ropes.
- ◆ Instruct them form a circle or find space on the floor. Ask them to share their feelings about the working with a team to create and perform a routine.
  - What was the most fun part of the session?
  - What was the most challenging part of the session?
  - What did your group do that worked well?
  - What could your group do to improve their performance?
- ◆ Guide them through some cool down stretches. It would be beneficial to practice the same cool down routine in each session. Explain why it's important and beneficial to cool down:
  - To avoid injuries
  - When muscles are warmed up, it is easier to get into deeper stretches and therefore increases flexibility
  - A time to settle down



### *Prior to Session:*

- ◆ Prepare a cool-down routine (See useful websites)



5 minutes



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# Overview



## Jump Rope Jive Achievements

### *Materials Needed:*

- ◆ Jump ropes—one for each child and a few long ones for team jump roping
- ◆ Timer
- ◆ Stereo and music
- ◆ Copies of jump rope rhymes list (found in the Appendix)
- ◆ Jump Rope Jive Goal Sheets

### *Prior to Session:*

- ◆ Gather songs and jump rope rhymes (found in the Appendix)
- ◆ Record a list of all the skills and motions previously covered.
- ◆ Decide if the final performances will be a competition based activity



45 minutes

***Congratulations!*** Finally, the day has come to celebrate jump rope achievements and watch their performances. During this session, the children will be performing their new tricks and/or competing - getting an opportunity to put their teamwork to the test.

### *Warm-Up & Practice*

**Warm-up Routine & Team Jump Rope Routine Practice:** 10 minutes

The children will meet with their Jump Rope Routine Teams to go through the warm-up routine you have practiced throughout this project and practice the routine they created during the last session.

### *Goals Check*

**Jump Rope Jive Goal Check:** 25 minutes

While the teams continue practicing their routines, you, with the help of any available instructors, will meet with each of the children to discuss their Jump Rope Jive Goal Sheet and record their accomplishments and/or set new goals.

### *Performances*

**Team Jump Rope Routine Performances:** 10 minutes

Instruct the children to form a semi-circle and watch each other's performances. One at a time, each team performs their routine. If you choose, this could also be designed as a friendly team competition.



# Warm-Up Activity

## Warm-up Routine & Team Jump Rope Routine Practice

- ◆ Instruct the children will meet with their Jump Rope Routine Teams.
- ◆ Tell them to go through the warm-up routine you have practiced throughout this unit with their teammates.
- ◆ Once they are warmed up and stretched, they can spend time practicing the routine they created during the last session adding any additional tricks and/or perfecting their movements.



### *Materials Needed:*

- ◆ Jump ropes—one for each child and a few long ones for team jump roping
- ◆ Timer
- ◆ Stereo and music
- ◆ Copies of jump rope rhymes list (found the Appendix)

### *Prior to Session:*

- ◆ Gather songs and jump rope rhymes (found in the Appendix)
- ◆ Record a list of all the skills and motions previously covered.



10 minutes



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# Goals Check



*Materials Needed:*

- ◆ Jump ropes—one for each child and a few long ones for team jump roping
- ◆ Stereo and music
- ◆ Jump Rope Jive Goal sheets

*Prior to Session:*

- ◆ Gather songs and jump rope rhymes (found in the Appendix)
- ◆ Record a list of all the skills and motions previously covered.

## Jump Rope Jive Goal Check

- ◆ While the teams continue to practice their routines, you, and any available instructors, will meet individually with each child to discuss their Jump Rope Jive Goal Sheet.
- ◆ Ask each child to take a look at the sheet he/she created in the second session of this unit. Prompt them to perform the tasks they had hoped to improve on throughout this unit.
- ◆ Provide feedback and discuss how they might become even stronger jumpers in the future. Record their accomplishments and/or set new jump rope goals.



25 minutes



# Performances



## Jump Rope Jive Team Performances

- ◆ Gather the children around in a semicircle.
- ◆ One at a time, allow the groups to perform in front of their peers. Invite the audience to sing along if the groups use rhymes in their performance.
- ◆ Ask the audience to applaud each group as they complete their routine. If you choose, you can make their final performances a friendly team competition. Be sure to set scoring guidelines and enforce good sportsmanship.

Finally, applaud their efforts. In addition to learning many new jump rope skills, they have practiced setting and accomplishing goals, working with a team and performing in front of an audience. Congratulations!

### *Materials Needed:*

- ◆ Jump ropes—one for each child and a few long ones for team jump roping
- ◆ Timer
- ◆ Stereo and music
- ◆ Copies of jump rope rhymes list (found in the Appendix)
- ◆ Jump Rope Jive Goal Sheets

### *Prior to Session:*

- ◆ Gather songs and jump rope rhymes (found in the Appendix)
- ◆ Record a list of all the skills and motions previously covered.
- ◆ Determine whether the final performances will be competition based



10 minutes

# Appendix

## **Jump Rope Fitness Handouts**

- ◆ Jump Rope Songs & Rhymes
- ◆ My Muscles
- ◆ Jump Rope Jive Goal Sheet
- ◆ Fast Track Sheet

## **General Handouts**

- ◆ MyPyramid (<http://www.mypyramid.gov>)
- ◆ MyPyramid blank worksheet (<http://www.mypyramid.gov/kids/index.html>)
- ◆ Useful Websites

## Jump Rope Songs & Rhymes

### 5<sup>th</sup>-8<sup>th</sup> grade examples:

Miss Lucy had a baby  
And she named him Tiny Tim.  
She put him in the bathtub  
To see if he could swim.  
He drank up all the water.  
He ate up all the soap.  
He tried to eat the bathtub  
But it wouldn't go down his throat.  
Miss Lucy called the doctor,  
Miss Lucy called the nurse.  
Miss Lucy called the lady with the alligator purse.

Bubble gum, bubble gum, chew and blow,  
Bubble gum, bubble gum, scrape your toe,  
Bubble gum, bubble gum, tastes so sweet,  
Get that bubble gum off your feet!

Kookaburra sits in the old oak tree  
Merry merry king of the woods is he  
Laugh Kookaburra  
Laugh Kookaburra  
Great, your life must me

A sailor went to sea sea sea  
To see what he could see see see  
But all that he could see see see  
Was the bottom of the deep blue sea sea sea

Blackbirds, blackbirds,  
Sitting on a wire.  
What do you do there?  
May we inquire?  
'We just sit to see the day,  
Then we flock and fly away.  
By 1, 2, 3. . . .  
(One/two jumper(s) jumps out and another, or so, jump in.)

# Jump Rope Jive Goals

Participant \_\_\_\_\_

Directions: Try to perform each of the tricks and creative jumps listed. If you feel that you are skilled in the trick or creative jump, check the third column. If you would like to spend the next few sessions working on improving the skills involved in that trick, check the second column. The goal of this unit is to work toward improving your jump rope skills. One of your instructors will observe your skills during the final session and provide feedback. Good luck!

<b>Tricks &amp; Creative Jumping</b>	<b>I would like to become more skilled in this trick</b>	<b>I am skilled in this trick</b>	<b>Observation notes</b>
turning the rope from back to front			
turning the rope from front to back			
jumping without interruption			
jumping while walking forward			
jumping while walking backwards			
criss-crossing your arms between jumps			
moving your arms to one side, or the other, between jumps			
speed jumping (no rope hits between jumps)			
kicking your legs out between jumps			
double dutch			

# My Muscles

## Leg Muscles: Calf, Hamstrings, Quadriceps

### Calf Muscles:

- Located at the back of the lower leg
- Consists of two muscles: one large and one small muscle
- Weight bearing exercises such as hiking, biking, and stair climbing are great ways to strengthen the calf muscles

### Hamstrings:

- Located at the back of the thigh
- They work with the quadriceps, the muscles in the front part of the thigh, to help us walk and run
- They pull the leg from front to back while running and walking

### Quadriceps:

- Located in the front thigh
- Function is to extend the knee (straighten the knee)
- Work with hamstring muscles to help us walk and run
- Primary muscles used when biking, jumping, and kicking

## Stomach Muscles: Abdominals

### Abdominals:

- Also referred to as the “core” consisting of many layers of muscles
- The center of our balance
- The base for using all other muscles, they are used in almost every single movement we do (even when we breathe)
- Support back muscles
- Aid in having good posture

## Arm Muscles: Biceps and Triceps

### Biceps:

- Large two-headed muscle located at front of the upper arm, above elbow
- Flexes the forearm
- Pulling and curling movements
- Used most times you are moving/using your arms

### Triceps:

- Located at the back of the upper arm, above elbow
- Extends the arm
- Used when using your arms in movements such as shooting a basketball, gymnastics, backhand in tennis, and turning a jump rope



## Useful Websites

### Nutrition

[www.mypyramid.gov](http://www.mypyramid.gov)

[www.foodpyramidhub.com](http://www.foodpyramidhub.com)

### Fitness: Exercises & Activities

[www.mypyramid.gov](http://www.mypyramid.gov)

[www.netfit.co.uk/stretching.htm](http://www.netfit.co.uk/stretching.htm)

[http://kidshealth.org/parent/nutrition\\_fit/fitness/exercise.html](http://kidshealth.org/parent/nutrition_fit/fitness/exercise.html)

### Posters

[www.allposters.com](http://www.allposters.com)

[www.anatomywarehouse.com](http://www.anatomywarehouse.com)

◆ Promising Practices in Health and Fitness ◆



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