

### Lesson 3 of 6

ABCD's of Physical Education



# Games in Small Spaces

### EQUIPMENT

obstacle free area » skipping ropes (6-9 feet each) for every student » one elastic jump rope for every 4-5 students » music » music player

### RELATED RESOURCES

- Jump Rope for Heart website, [www.jumpropeforheart.ca](http://www.jumpropeforheart.ca)
- Physical Education Online website, [www.education.alberta.ca/physicaleducationonline](http://www.education.alberta.ca/physicaleducationonline)



### Safety First!

For safety, equipment, and supervision considerations when planning skipping and rope activities, see page 117 in "Safety Guidelines for Physical Activity in Alberta Schools", Alberta Centre for Injury Control and Research (ACICR), 2008, [www.acicr.ualberta.ca](http://www.acicr.ualberta.ca).

## Warm It Up

### SKIP TO IT!

Learning how to jump rope is a pre-requisite skill for this activity. Post pictures or descriptions of a variety of rope jumping tricks throughout the activity area (see Related Resources for ideas). Allow 5-6 minutes for students to elevate their heart rates and warm up by practising the individual rope jumping tricks of their choice. Start by jumping at different speeds, on both feet, alternating feet, or jumping from side to side. Students can choose to jump with a skipping rope, or jump over lines on the floor while pretending to have a skipping rope.



### Activity

|                             |          |
|-----------------------------|----------|
| Basic Skills                | A(4-6)-2 |
| Application of Basic Skills |          |

### Clues that students are achieving the outcome...

"Students will consistently and confidently perform locomotor skills and combination of skills, by using elements of body and space awareness, effort and relationships to a variety of stimuli to improve personal performance." *Physical Education Program of Studies, Alberta Learning, 2000.*

- Students can skip with or without a rope in a variety of patterns
- Students can complete an elastic jump rope pattern that includes several consecutive jumps



## Whoop It Up

### ELASTIC JUMP ROPE

Be sure to take into account the abilities of all students when planning learning opportunities and incorporate variations as needed to ensure learning and success for all. Provide each group of 4-5 students with an elastic jump rope. A sewing elastic works great, use a 1-2 meter length with ends tied together to make a circle. Bigger students will need a bigger loop! Two students start holding the rope in a rectangle shape by facing each other with the elastic jump rope wrapped around their ankles. Students then take a few steps back until the rope is stretched, but not too tight. Students stand with their feet the same width apart, roughly shoulder width. Group members take turns jumping on, in, and over the rope to create a pattern of 4-5 jumps. Encourage students to be creative and try things such as, straddling the rope, jumping from one side of the rope to the other or adding a turn before landing. Group members can take turns repeating the pattern the first student created, or repeating a pattern the group created cooperatively. When a student completes the jumping pattern, they switch roles with a student holding the rope. Students can increase the level of difficulty by completing the jumping pattern while the students holding the rope hop in place.

Further challenge students to create jumping patterns while three students hold the rope with one foot each, in the shape of a triangle. Groups could also design a routine to music. Have half the class perform while the other half watches, then switch.



### Safety First!

For safety, equipment, and supervision considerations when when planning indoor physical activities, see pages 19-20 in "Safety Guidelines for Physical Activity in Alberta Schools", Alberta Centre for Injury Control and Research (ACICR), 2008, [www.acicr.ualberta.ca](http://www.acicr.ualberta.ca).



Activity

## Wrap It Up

Provide paper and pencils and allow time for students to write down or draw a pattern of 5 jumps that can be shared with other classmates. Patterns could be copied on index cards or posted throughout the activity area for all to try in future classes.