

Lesson 5 of 6

Rope Rotations

EQUIPMENT

ropes (one per student),
» peer assessment
checklists

RELATED RESOURCES

- Rhythmic Gymnastics, (ISBN# 9780880117104), N. Jastrjemskaia & Y. Titov, 1999, www.humankinetics.com
- Physical Education Online website, www.education.alberta.ca/physicaleducationonline/

Warm It Up

JUMP THE CREEK

Invite students to choose a rope and place their rope in a line on the floor in a personal space. Ask students to explore different ways of jumping using the rope. Exploration activities include:

- Jump over the rope with both feet together standing sideways to the rope.
- Jump over the rope with both feet together toes pointing toward the rope.
- Jump over the rope moving your way towards one end of the rope and back.
- Pair up with another student and choose one to be the leader and the other to be the follower. One partner mirrors the other partner's jumping movement. On a signal, switch the leader and follower.
- **Jump the Creek:** With your partner, place the ropes down stretched parallel to each other approximately one metre apart. The space between the two ropes represents the creek. Take turns jumping over the creek. Gradually increase the width of the creek.

ABCD's of Physical Education



Activity

Basic Skills	A5-5
Application of Basic Skills	

Clues that students are achieving the outcome...

“Students will select, perform and refine more challenging ways to receive, retain and send an object with control.” *K-12 Physical Education Program of Studies, Alberta Learning, 2000.*

- Students can demonstrate ways to manipulate a rope with control.
- Students can incorporate creative rope activities in a sequence.



Safety First!

2008 Safety Guidelines pages 19-20.



Whoop It Up

ROPE ACTIVITIES

Provide each student with a checklist of rope activities and ask them to find a personal space away from others to ensure safe movement of the rope. Allow time for students to perform and refine each of the skills to develop their abilities to manipulate a rope with control. Rope activities might include:

- Fold the rope in half, hold the ends in one hand and swing it one each side of the body and above your head. Switch hands.
- Hold one end of the rope in each hand. Spin the rope in a figure 8 pattern in front of the body keeping hands close together.
- Toss the rope above your head and catch it high, then catch low.
- Fold the rope in half, hold the ends in one hand and spin it around your body, then let go of one end. Switch hands.
- Jump rope while stationary, then while moving.
- Combine 2 or more rope activities.
- Create your own rope activities.

PARTNER ROPE ROUTINE: In groups of 2-3, instruct students to create a rope sequence that includes at least 2 ways of moving the rope while balancing, 2 ways of moving the rope while moving and 2 ways of releasing and catching the rope. Encourage students to be creative and incorporate varying levels, speeds and pathways in the routine. When ready, groups will perform their routine for one other group who will peer assess and provide feedback on each of the required elements.



Safety First!

2008 Safety Guidelines page 103.



Activity

Wrap It Up

ROPE STRETCH

Invite students to fold their rope in half and stand in a large circle. Lead the students in stretches incorporating the rope; e.g., hold each end of a folded rope and extend arms above head, bend slowly to the left then right; hold each end of a folded rope behind the back, one hand over the shoulder and the other at waist height, slowly pull the rope in each direction, hold, and then release. Explain that in the next class students will have the opportunity to create and perform a rhythmic gymnastics sequence using the apparatus of their choice. Ask students to share which piece of equipment (scarves, ribbons, pool noodles, balls, hoops, or ropes) they liked using the best and which they found the most challenging.