

Standard 1

The physically literate individual demonstrates competency in a variety of motor skills and movement patterns.

Grade-Level Outcomes**Short Rope**

- Executes a single jump with self-turned rope (S1.E27.Ka)
- Jumps forward or backward consecutively using a self-turned rope (S1.E27.1a)
- Jumps forward and backward consecutively using a self-turned rope, while using a mature pattern (S1.E27.2a)

Long Rope

- Jumps a long rope with teacher-assisted turning (S1.E27.Kb)
- Jumps a long rope up to five times consecutively with teacher-assisted turning (S1.E27.1b)
- Jumps a long rope five times consecutively with student turner (S1.E27.2b)

LEARNING EXPERIENCE: SHORT-ROPE JUMPING

- Kindergarten students begin with exploratory practice.
- Your instruction includes how to grip the handles, turn the rope, and time the jumps. Guided practice allows students to progress from their first single jump in kindergarten to consecutive jumps in grade 1.
- With instruction and practice, students in grade 2 achieve a mature pattern with a smooth rhythmic jump; they are ready to be introduced to simple jump rope tricks.

LEARNING EXPERIENCE: LONG-ROPE JUMPING

- In kindergarten and grade 1, you are the turner. If a second teacher or volunteer is not available, a pole or volleyball standard serves well as your turning partner.
- Use spoken cues (jump, jump) to inform the new learner when to jump.
- Stations are recommended in kindergarten and grade 1, thereby minimizing waiting time for students.
- In grade 2, teach students to turn the rope.

Jump ropes made available for recess provide quality physical activity and practice as well as an opportunity for students to show off their skills.