

FOCUS➤

JUMPING ROPE

Grades 3-5

Standard 1

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

Grade-Level Outcomes

- Performs intermediate jump-rope skills (e.g., a variety of tricks, running in and out of long rope) for both long and short ropes (S1.E27.3)
- Creates a jump-rope routine with either a short or long rope (S1.E27.4)
- Creates a jump-rope routine with a partner, using either a short or long rope (S1.E27.5)

Students in grade 3 who have mastered the skill of short-rope jumping are ready for the challenge of basic and intermediate-level tricks (e.g., bell, skier, side-straddle, heel-toe, and crisscross). Jump rope tricks can be taught by teacher instruction, digital recordings, or posters and pictures. In grades 4 and 5, the challenge escalates with opportunities to create routines with music.

Long-rope jumping remains an enjoyable experience that offers new challenges of running in and out of the rope, playing rope-jumping games, creating new jump rope rhymes, and exploring long-rope tricks (e.g., hot pepper, egg beater, and double-dutch). Solo or partner routines are an added skill welcomed in grades 4 and 5.

The American Heart Association provides excellent charts and progression of tricks for both short and long ropes.