

3 on 1 Jump Rope

Targeted Grades: 3rd – 5th

Subject Area - Objectives:

Physical Education; to learn/practice beginning jump rope skills using team work; to experience different rhythms and tempos through kinesthetic activity.

Connection to MOTley Performance:

Inspired by the concepts in the poem *Rhythm Is...*

Materials needed:

- Jump Ropes
- Carpet squares or masking tape
- CD player
- CDs containing a variety of music using different tempos and rhythms.

Main Activity:

Divide the students into groups of three and have them sit side by side. Give each group a jump rope and a carpet square (or mark out a square on the floor with tape). At their own pace, the student in the middle will start jumping while the two end students turn the rope. There is no music to start so the students can practice jumping at their own speed. Have the students jumping on the carpet or “taped” square. Once the student jumps outside of their area, or misses the rope, their turn is over. When they stop the student will hand their rope to one of the others in the group. This pattern continues and is repeated so that all students have an opportunity to practice jumping. (approx. 10 minutes)

Next introduce the music into the process stated above. The music will continue playing throughout this process. Again, when the student jumps outside of their area, or misses the rope, their turn is over. Encourage students to match their rope turning and jumping to the rhythm in the music. Change the song every 1-2 minutes (15 minutes)

Assessment:

Students will demonstrate physical ability to perform jump roping skills by working together in groups of three. Students will be able to turn the rope at the same tempo as the music being played.

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