

Jump Rope For Health and Literature

Summary

Students will use their skills in Language Arts to learn and recite a Jump Rope Poem/Song individually. They will be asked to recite, verbatim, the poem to the class and then perform it in a jump rope routine.

Time Frame

10 class periods of 30 minutes each

Group Size

Large Groups

Life Skills

Thinking & Reasoning

Materials

- Jump ropes (long ropes)
- Books of Songs/Poems
- CD player
- CD of songs
- "Ready, Set, Jump!" video available from the American Heart Association (optional)
- T.V. and VCR

Background for Teachers

Teachers need to have a selection of jump rope poems for students to choose from. Teachers may also let students find their own poem by looking on the Internet etc. Teachers may view video if desired for classroom instruction.

Student Prior Knowledge

Students need to know basic jump rope skills and skills in reciting memorized material verbatim. Students will need to turn the long rope.

Intended Learning Outcomes

Students will learn how to memorize and recite text. Students will develop strength and endurance by jump roping.

Instructional Procedures

During Language Arts time students will begin to locate and choose a poem to memorize, recite to the class and perform while jumping the rope. During the P.E. class time, students will begin to practice in groups of 3 or 4 how to turn a long rope or turn a double dutch rope. Students will also practice running in and out of a jump rope that is being turned. When students begin to memorize the poems, they will also practice reciting the poem while jump roping during P.E. time. At the end of 10 class times, students will recite their memorized poem in front of the class during Language Arts time and then perform their routine during P.E. time.

Extensions

Individual students may choose more poems and put together their own routine.

Assessment Plan

Students will be assessed on their ability to memorize and recite their poem verbatim. Students will also be assessed on their jump rope ability.

Rubrics

[5th grade jump rope for health](#)

Bibliography

Cole, Joanna, Anna Banana, 101 Jump-rope Rhymes, Scholastic, 1989. ISBN 0-590-44846-3.

American Heart Association

Ready, Set, Jump! Video, Music and Guide for teaching basic jump rope skills, American Heart Association Youth Marketing Director, Jill Vath, email jill.vath@heart.org

Authors

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