



Put a Little Jump in Your Elementary P.E. Program

I want to thank you for coming today. For years I've been coming to conferences and I've watched some excellent jump rope demonstrations. Last year, after watching some awesome performances, I asked some younger teachers if they knew how to teach those skills. Their response was silence...crickets chirping in the background silence. So I decided to step out on a limb and volunteer to put on a demonstration at this conference. I'm approaching this as an opportunity to provide some self-growth, as well as, an opportunity to help our profession. My goal for today is to have you practice rope skills and teach you cues for the very basics of jumping rope. We will start with basics but finish with more difficult tricks. Thanks again for your time and I hope this is helpful.

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This first section is all based on teaching the children how to use the wrist to turn the ropes. A lot of times, the children try to use their shoulders to turn the ropes, when actually, they need to use their wrists and forearms. While the children are turning the ropes, take the time to listen to the ropes hitting the floor. Many times children pull the ropes down toward the floor making a loud cracking noise. They should be letting the ropes fall toward the floor, catching it as it reaches the floor and swinging it up by rolling the wrists quickly up and slowly down. Another thing you have to look for is how the children grip the rope. Some children will need you to place the rope in their hand with the ends of the handles toward the pinkies.

One Handed Rope Swings

Right Side - forward and backward

Left Side – forward and backward

Airplane Propeller – Spin rope in front of your belly button

Helicopter or Cowboy – Spin rope over your head

Body Wrap

Leg Wrap

Ankle Wrap

Step Over – Keep hand in front of your legs and roll wrist like you did in Cowboy. Step over the rope one foot at a time. Start slow then speed the rope up.

Combination – Cowboy to Step Over

Figure 8's – Right Hand, Left Hand, Alternate, Front to Back

We talk about the ability to cross the mid-line. If you had a paint brush in your hand it would paint a lazy eight (Brain Gym) or infinity sign. The Front to Back is difficult so use this for older students. The rope goes in front of you for a revolution then behind you for a revolution. The lazy eight in on your side this time, not in front of you.

Two Handed Rope Swings

Matador or Side Swing – We teach what a “loop” is. We make a big “smile” on the side of us. One hand is out to the side, the other crosses the midline to favor the out stretched hand. We swing it one side of the body then cross over to the other side like a bull fighter. Both hands are doing figure eights.

Arm Wrap – Teaches the children the dexterity they need with their wrist to

spin the ropes. It also improves their non-dominant hand. Swing the rope to get momentum then spin up of your arm and keep the rope moving by making circles with the wrist. The rope wraps around your arm like a snake. Then unravel it and keep it going until it wraps your arm again.

Arm Wrap – Matador - Arm wrap

Body Wrap – Put one hand above your head and one hand on your belly button. Hold the lower hand there and twirl the rope above your head like a cowboy. The rope wraps around your body, then change directions with your top hand and the rope unravels. Keep going and it wraps around your body again in the other direction.

Spider- Keeping one hand above your head lower the bottom hand so it is out in front of your legs like you're roasting marshmallows. As you spin the top hand step through the loop one leg at a time. The bottom hand assists a little by making a small circle.

The next section focuses on jumping the rope. For the primary students we usually give the following cues:

Rope behind your ankles – hands out in front of you

We say “Down...around...and stop.” We have the children lean back on their heels and try to rock onto the rope with the bottoms of their shoes to stop it as the rope falls to the ground.

If some children have trouble with this, we have had the children spin the rope with just one hand at their side and listen to it hit the floor. Then we tell them to try to jump right before they think it is going to hit the floor. Once the students have mastered turning it on one side, have them do it on the other side. Younger children can have difficulty turning the rope with their non-dominant hand. This will hopefully help them.

When the children are ready to jump the rope we want them to pop up like they are trying to peek in someone's window. This keeps them in a vertical position. Some children try to lean forward or jump flat-footed. You will see the students that lean forward. “Stand tall like your trying to peek in someone's window” usually corrects the leaning forward. You will hear those students that land flat-footed. “Land on your toes softly” usually corrects the loud landings.

The following is a list of jumps that we teach at Stonehedge. With most of these jumps we want the older children to be able to perform them forward and backward. Some of the jumps we practice without jumping the rope first.

Single Bounce – One revolution, One jump

Double Bounce – One revolution, Two jumps

Step Over – Staggered stance, front leg goes up first, back leg follows

Matador to Single Bounce

Heel Touch – Looks Like Irish Dancing. Jump and land with 97% of weight on one foot. The other foot simultaneously lands extended out in front of you just touching your heel in front of you. Jump and switch landing on your weight on the other foot and extending your other heel.

Toe Touch – Same as above but touch you toes of non weight bearing foot next to the weight bearing foot.

Side Straddle Jump – Feet land together then apart like a jumping jack.

Skier – Feet together jumping side to side like you are down hill skiing.

Bell – Feet together jumping front to back like the hammer in a bell.

Scissors – One leg forward the other leg back with weight evenly distributed. Switch leg positions so your front leg is in back and back leg is in front when landing from the jump.

Leg Swing – Hop on one foot and swing other foot behind you from the knee. Jump the rope. Hop on same foot and swing the other leg forward. Jump the rope and land on the leg you just swung forward while simultaneously swinging the leg you just hopped on back. Jump rope...

Knee Up – Rocket style...feet together, then knee up, feet together then the other knee up.

Leg Up – Same as knee up but just kick your leg in front of you.

Can Can – Combination of Knee up and Leg Up. Knee up, feet together, kick, feet together, switch weight as you land, other knee up,...

Squat Jumps – Students squat down while they jump the rope. Their bottoms almost rests on their heels.

One Foot- Just hopping on one foot.

Running Man – Looks like you are running in place. One revolution for every step you take.

Turnaround – How can you change the direction of the rope so you can jump forward then backward without having to stop the rope? Jump

the rope with feet together, Matador swing to the side and do a 180 degree turn and the rope should be coming at you from behind you now. Another Matador swing with half a turn will get you jumping forward again.

Front Cross...we usually have to spend a lot of time on this because a number of children have difficulty crossing the mid-line. Here are some of the cues we use...

As the rope comes over your head, cross your arms and touch your elbows together so your loop is large enough to jump through. Jump and give yourself a hug. Roll your wrists like you're scooping ice cream.

Squat Criss-Cross – Criss-cross while squatting.

Double Under or Pop Up – we like to talk about rhythm here. Students jump in quarter notes. But hands turn in eighth notes. You pop up higher to allow yourself more time to get the rope around twice before you land.

Double Cross – Combination of double under and a criss-cross

Front Back Cross – One hand goes behind and one hand goes in front.

Behind the Back Cross – Hands cross behind your back.

Kansas City Twirl – Students jump standing up to start, they squat down, put one hand on the ground, (all this occurs while they are jumping the rope), jump the rope three times while the rope wraps around their wrist, (they lift their feet up so the rope still goes around them, and they have their weight on one hand), after three jumps they stop the rope and go to a squat position while spinning the rope backward and unraveling it. They finish in a standing position and perform backwards criss-cross.

Pretzel – Standing on one foot, wrap one arm under the leg you have lifted up in the air and twirl the rope and attempt to jump it.

Butt Jumps – While sitting on the ground in a pike position, do a cowboy swing above your head. Bring the rope down along the ground and attempt to jump it by jerking up off the ground with your gluteus maximus and straight legs.

Moon Bouncer – We have students squeeze the exposed part of the bubble with their ankles. In order to use this with a rope they have to be able to hop 25 times in a row without losing their balance.

Pogo stick – Students have to be able to pogo inside a 1' x 1' box 25 times in a row without using their hands. Once they have mastered that we allow them to use a rope.

One Rope Partner Jumps

Inside loop
Outside Loop
Turn
Routines
Switch
Side by Side Tricks

Two Rope Partner Jumps

Twins
Chinese Wheel

Long Jump Rope

Inside / Outside
Figure 8 runs / Tag
Rhymes
Push Ups
Partners
Intramurals

Switch
Double Dutch
Egg Beater
Triangle
Project Adventure Activities

Final Thoughts

We always use music and emphasize rhythm when we teach.
We continually talk about perseverance because we know students are going to fail and that is ok.
We use jump ropes throughout the entire year.
We put them in stations.
We'll warm up with jump ropes.
We use them as project adventure challenges.
Our Intramural Team puts on performances for our school during Character Education Assemblies, basketball games, and at community events.
It's not just for Girls!
The kids love it.

References

Rene Bibaud's *Complete Fundamentals of Rope Jumping* DVD,
www.humankinetics.com
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