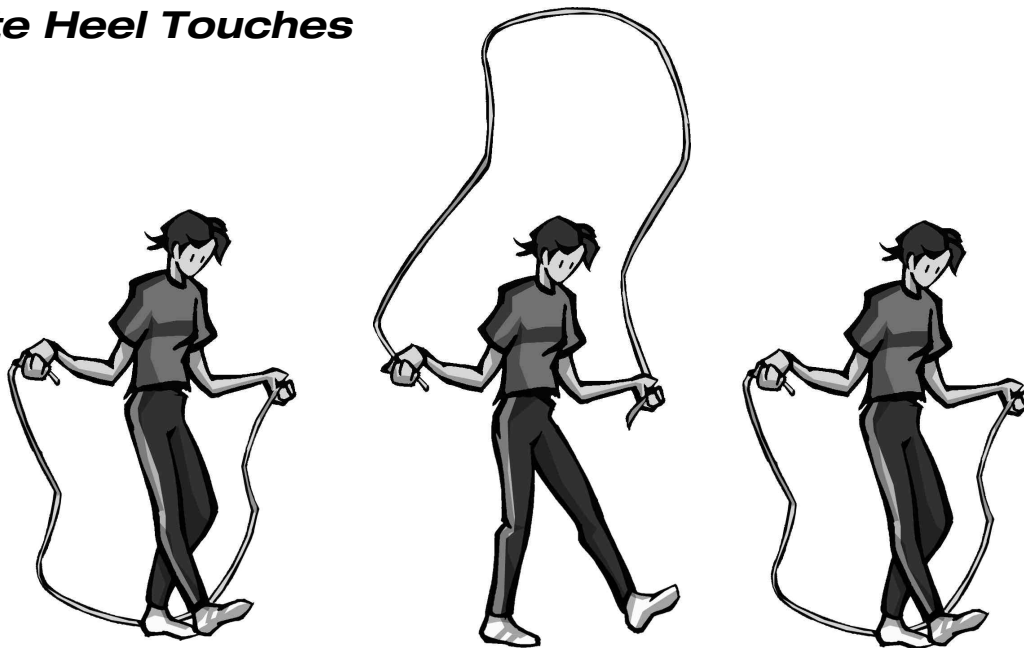


Skipping

Alternate Heel Touches

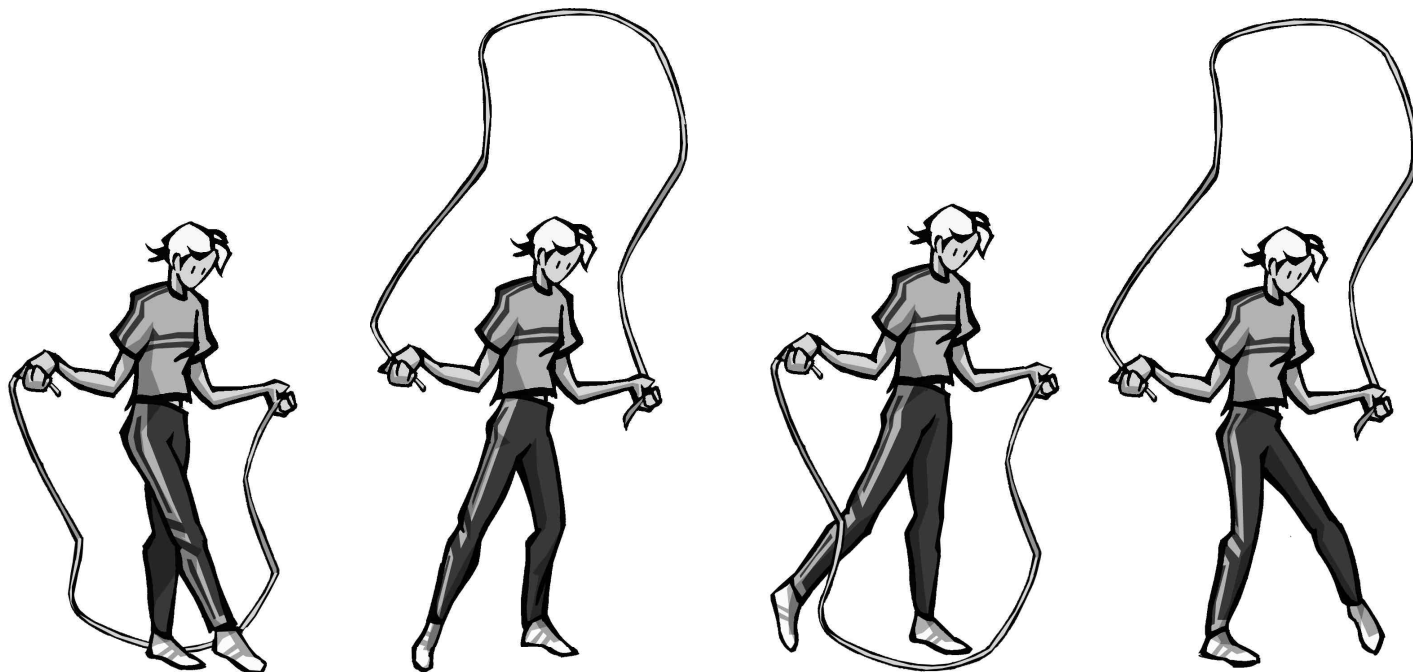


Alternate Hops

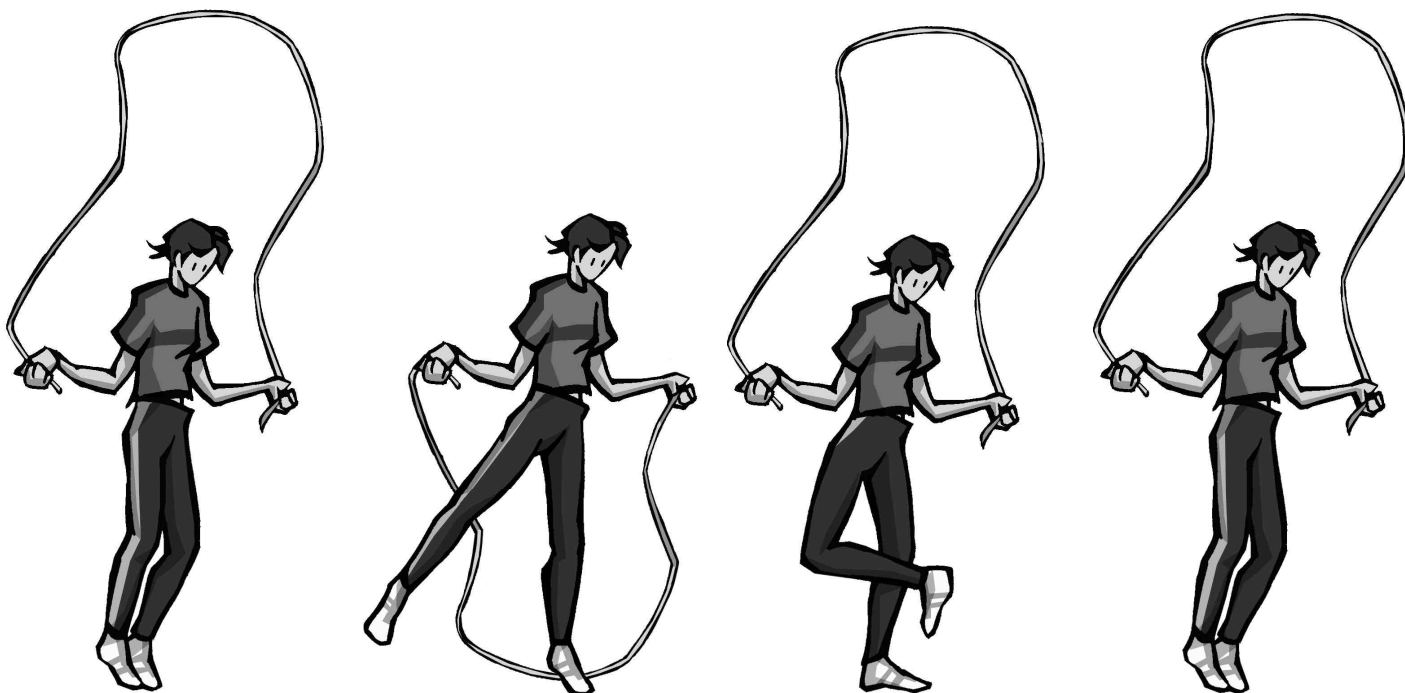


Skipping

Continuous Toe Touch

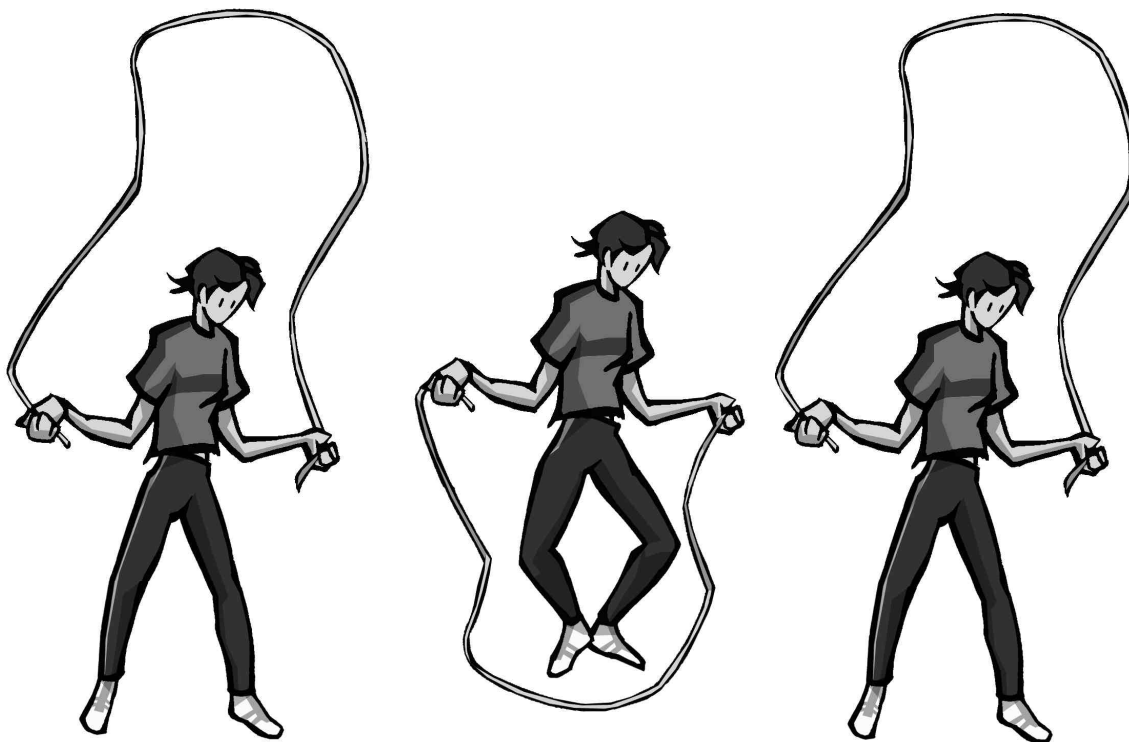


Continuous Side Cross Side Swing Step

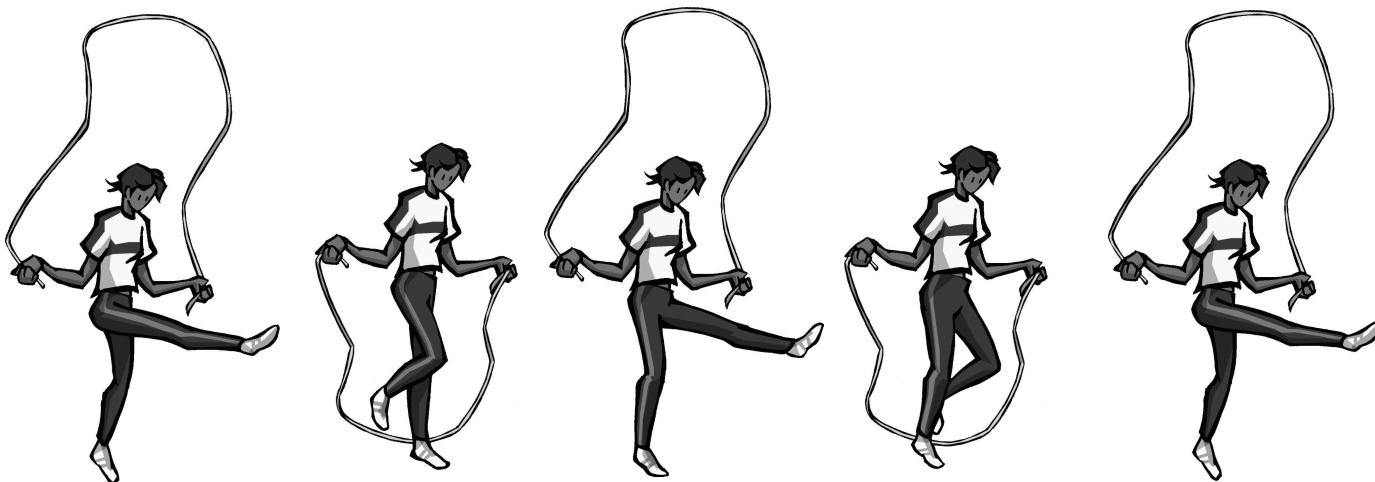


Skipping

Heel Click

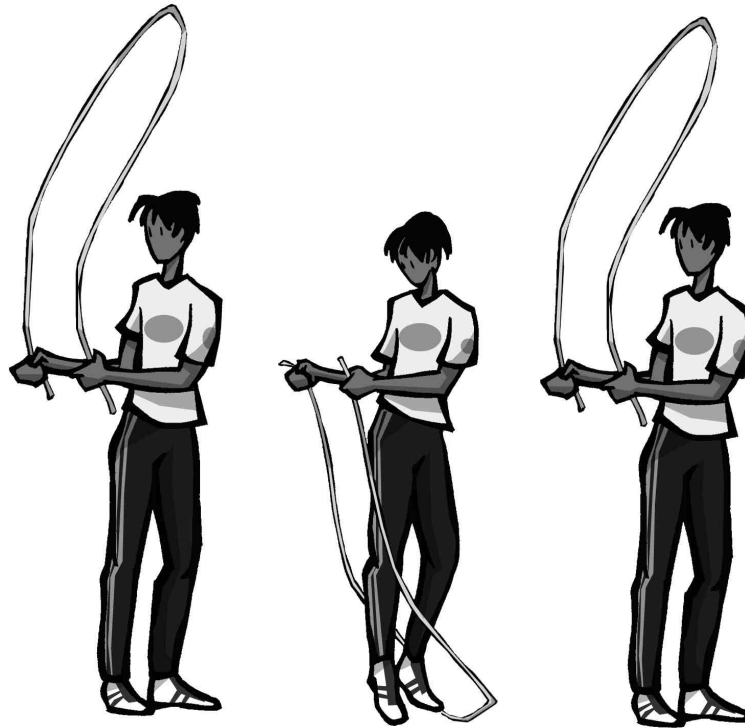


High Fling Forward



Skipping

Sideward Swings



Learning How to Jump Rope

1. Ensure the students have proper footwear, (e.g., running shoes), and that their jump rope is the correct length for them. To measure correct length of rope, have student stand on the middle of the rope and pull the handles or two ends under their armpits. If the rope does not meet the armpit, the rope is too short and if the rope stretches far beyond the armpit, it is too long. Make necessary adjustments before beginning as the proper rope can affect progress. One way to shorten a rope is to tie knots close to the handle as needed to adjust length.
2. Begin without a rope. Have students, with their feet together, jump up and down to your count. Encourage them to land on the balls of their feet and with slightly bent knees.
3. Next add the wrist action. Arms are at their sides and bent, 90 degrees, at the elbow. The arms start the movement, but are never fully extended in any direction. With each jump or count, students rotate their wrists one complete turn.
4. Once students have mastered the rhythm of jumping with the wrist action, add the rope. First ask students to swing the rope so it follows a pendulum pattern. After success at this stage, complete the swing to encircle the body.
5. A helpful tip: tell the students that each time the rope hits the floor in front of their feet they must jump.
6. Keep the back straight and do not jump too high, not more than six inches off the floor.



Activity	
Basic Skills	
Application of Basic Skills	



Benefits Health	
Functional Fitness	
Body Image	
Well-being	



Cooperation	
Communication	
Fair Play	
Leadership	
Teamwork	



Do it Daily...for life	
Effort	
Safety	
Goal Setting	
In the Community	