



Physical Education Online - Lesson Plan



Lesson Plan Title:

Grade:

Long Rope Skipping

7-9

General Outcome A



Basic Skills:

Locomotor
Manipulative

Application of Basic Skills In:

Individual Activities

General Outcome B



Functional Fitness
Well-being

General Outcome C



Communication
Fair Play
Teamwork

General Outcome D



Effort
Goal Setting/Personal Challenge

Grade Specific Outcomes

Activities Teaching Strategies:

Introductory Activity – Have children warm up with a short rope each, reviewing all the tricks they know.

Body – Have children get into groups of 6.

- Try triangle skipping with 3 turning and 3 ropes. (3 people each hold an end to 2 long ropes, so the ropes form a triangle with the one turner on each corner). Other students attempt to jump.
- Try 2 long ropes perpendicular to each other (2 people turning one rope and the other 2 turning the other rope. Ropes will cross in the middle forming a plus sign) – students jumping must go all the way to the center to jump both ropes at once.
- Try the same as b), only with a short rope as well held by the skipper.

Allow time to practice and switching off and on turners/skippers.

Culminating Activity – Have each group come up with one idea to distinguish them from others, (could be a rhyme, throwing a ball, a dance step etc.)

Assessment Strategies:

Use a rubric to peer assess other group members.

Criteria to include:

- Timing
- Getting in and out of the rope
- Creative steps
- Turning skills to assist the skipper

Rubric on cooperation and fair play.

Equipment:

long and short ropes
balls, bean bags and other small equipment

Resources:

Ready to use P.E. Activities for grades 7-9
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Adaptations: