

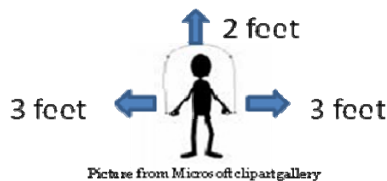
Teaching Jump Rope

Jumping rope is an activity that can increase aerobic endurance, muscular endurance, speed, agility, explosiveness, and dynamic balance (Lee, 2003). Jumping rope allows for the whole body to be engaged and with daily jump roping a student can increase their bone density. When students jump rope, they can choose their speed and/or pace when jumping. This allows students to individually determine how fast and at what rhythm they wish to jump.

‘Every Jump Counts’ was created to assist all students to find enjoyment and success when jumping rope. Students come from many different backgrounds and cultures. The content for ‘Every Jump Counts’ was created to provide teachers, students, and parents with resources to improve their fitness levels and to discover the fun of jumping rope.

Jumping surface:

The beginning jumping surface for jump rope should be a hard surface. Examples include a wooden floor, rubberized gym floor, tennis court, or a dirt field. Avoid jumping on concrete because there is no give with the surface which could increase joint injuries. To maintain a safe jumping distance for individual students, the jumping area should be 2 feet above the head, 5 feet in front and back of the body, and 3 feet beyond the distance of the extended arm (Lee, 2003).



Clothing:

When jumping rope, try to avoid wearing baggy clothing, hats, or jewelry. Also, make sure shoes are tied and wear tennis shoes that have good support.

Selecting the correct jump rope length:

There are three measurements (standard, chest, and lower rib cage) when measuring for the correct jump rope length. To measure for the standard measurement, stand feet shoulder width apart and pull the handles of the rope up to the shoulders. If the handles go beyond the shoulder the rope is too long. As the rope is turned, if the rope does not touch the floor it is too short. If the rope hits in front of the feet it is too long.

As students become more experienced, they can change ropes so that the handles come to their chest and then the lower rib cage. The chart below provides you with some generic height measurements associated with rope lengths.



Height	Rope Length
4'0" - 4'9"	6'
4'10" - 5'3"	7-8'
5'4" - 5'10"	9'
5'11" - 6'6"	10'

Proper Grip:

The following cues should be taught to students on how to properly grip a jump rope.

1. Grip handle with thumb and index finger
2. Wrap hand around handle.
3. Keep a comfortable but firm grip.
4. Make small circles with wrists



Picture and proper grip information
from http://www.jumpropeinstitute.com/a-z_on_jump_rope.htm

Jump Rope Cues:

Jumping rope is a rhythmic action. The cues for correct jumping form are listed below. When students are first learning how to jump rope, a teacher wants to focus on one or two of the cues. For example, have students focus on gripping the handles and jumping 1-2 inches off the ground. Once students have accomplished these cues others can be added. When students are correctly jumping rope they will:

- Look straight ahead with shoulders relaxed
- Use wrists to turn the rope
- Keep hands near waist level
- Grip the handles with a loose grip using the thumb, and index fingers
- Jump 1-2 inches off the ground
- Land on balls of the feet
- Land with knees slightly bent



If students are having trouble jumping the rope, use the following modifications:

1. Perform the jump rope move/ trick without a rope
2. Lay the rope on the ground and perform the move while jumping over the rope.
3. Complete a side swing with the rope while performing the jump rope move.

Safety when Jumping Rope

When students are jumping rope it is important to create safety guidelines. The questions below are meant to guide students whereby creating a safe jumping environment.

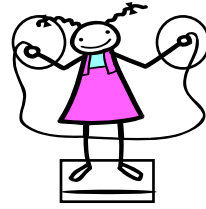
1. Does your rope fit?
 - Feet shoulder width apart and pull handles to shoulders
2. Are you holding both handles?
3. Do you have a Good Self Space?
 - 2 arms length away from another jumper
4. Have Fun and Respect Others

Answers for Exit Sheets:

Exit sheets can be used to help assess the students' cognitive domain. You can provide students at the end of a lesson with one of the exit sheets to see if they really understand how to jump rope. The goal is provide students with enough information so they could perform the jump rope actions on their own outside of the classroom.

Jump rope Assessment (elementary)

1. Circle what is wrong with this jump rope picture.
(arms and hands above the waist)
2. Put a rectangle around what is right with the jump rope picture.
(jumping 1-2 inches off the ground)
3. Do you like to jump rope? Why or Why not?
(answers will vary by student)



Exit sheet 1 (elementary)

1. How high do you want to jump off the floor? (1-2 inches)
2. Circle what is wrong with this jump rope picture!
There are two items that are wrong with this picture when students are jumping rope. (1) Her eyes are looking upward. When jumping, students want to be looking straight ahead or about 10 feet in front of them. (2) Her hands are above her waist. With most of the basic jump rope moves, students will want their hand at or below their waist.



Picture from <http://giraffian.com/pictionary-files/s/skip.png>

Exit Sheet 2 (Elementary)

1. How do you want to land when jumping? (on the balls of your feet and knees bent) – this landing is for a basic jump
2. What is your favorite jump rope move? (anything answer could be used here)

Exit Sheet 1 (Secondary)

1. Describe or draw how to hold the handle on a jump rope? (grip with thumb and index finger, make small circles with the wrist)
2. How high do you want to jump off the ground? (1 to 2 inches)
3. How do you want to land when jumping a basic jump? (on the balls of your feet and knees bent)

Exit Sheet 2 (Secondary)

1. Describe how to select the correct rope length? (Stand feet shoulder width apart, and pull the handles of the rope to your shoulders. If handles go beyond shoulders the rope is too long.)
2. Explain your favorite jump rope move? (any answer could be correct as long as they explain why it is their favorite jump rope move)
3. What makes jump roping hard or easy for you? (students could have responses that discuss rhythm or coordination)