

**Name/Title:** Learning to Jump Rope

**Purpose of Event:** To slowly allow students to develop the skills and confidence they will need to jump rope successfully.

**Suggested Grade Level:** K-2

**Materials Needed:**

Jump ropes - one for each student

\*The rope should not go past the students shoulders when they are standing on the middle of the rope and bringing the handles up by their side.

**Description of Idea**

See the video below for an appropriate skill progression of tasks for students to practice for learning how to jump rope for the first time.

[See the YouTube video of skill progressions](#)

**Adaptations for Students with Disabilities:**

Use a pipe with a rope on the end for students with a cast or with only one arm - they can swing the pipe in a circle and jump the rope.

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Submitted by **Ben Landers** who teaches at River Springs ES in Irmo, SC. Thanks for contributing to PE Central! **Posted on PEC: 8/24/2015.**

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