

## **Name/Title:** Jump Rope Skill Cards

**Purpose of Event:** To give students multiple opportunities to practice turning a jumped rope in a variety of ways and increase aerobic capacity through that practice.

**Activity cues:** [Basic Jump Rope Skill Cues](#)

**Prerequisites:** Students will need the basics of jump rope and have practiced it to the point of minimal efficiency.

**Suggested Grade Level:** 3-5

### **Materials Needed:**

One jump rope per child.

1 cone to identify stations.

[15 task cards](#) (recommend laminating them) (this link takes you to our DropBox folder where you can download all of the cards)

One poly spot per student.

## **Description of Idea**

This is a general overview of how I use these jump rope skill cards in my classes.

I use these [15 task cards](#) as a way to effectively teach different jump rope skills to my students. The way I use these, and have gotten the best results, is to teach them over a longer period of time slowly progressing from the simple skills to the more challenging. I start with 3-5 basic jump rope task cards and teach the jump for each card using whole group instruction. I have students stand on a poly spot. First I teach the jump (using the cards) and they follow along. Then, they practice while I go around and provide help and feedback. Then, they practice on their own or with a group.

We practice each of these skills and eventually I set them up as a circuit of all of the jumps.

In addition, it is important to note that I revisit these skills throughout the year.

### **Examples of Jump Rope Skill Cards**

# Criss cross

( cross arms )



1 Cross arms and jump



2 Open rope, basic bounce

**Teaching Hints:** Cross right arm over left, cross left arm over right.

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# Wounded duck

( alternate toes/heels together )



1 Jump, toes & knees touch, heels spread



2 Jump, heels touch, toes and knees spread

**Teaching Hints:** Alternate toes touching and heels touching.

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**Teaching Suggestions:**

Set your students up for success by practicing with them and let them feel the confidence of doing something difficult well. More advanced students can go to higher level cards sooner to keep them engaged. If you see children mastering the skills quicker than others then hand them a card to have them go to the next skill level.

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Submitted by **Charles Silberman** who teaches at Mr. in Laurel, MD. Thanks for contributing to PE Central!  
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