

Name/Title: Jump Rope Around the World (Target Heart Rate)

Purpose of Event: This is a warm-up activity that is done each fall. It is done for about one month, or until it is finished.

Prerequisites: A lesson on target heart rate. Instruction in basic jump rope skills.

Suggested Grade Level: 4-5

Materials Needed: Large world map, paper hot air balloons (cut outs), jump ropes (one for everyone), hand held pulse monitor.

Description of Idea

The teacher begins timing the class jumping rope. Each student gets 5 "lives." When they miss with the rope the fifth time, they go to another area in the gym (behind a line on one side of the gym). They continue jumping to keep their heart rates elevated. If they continue jumping until 10 people are in their area, each person gets 100 points for their team or 1000 points total.

Once 10 students are in the area, the stopwatch is stopped. The class gets credit for 1,000 miles on the map for every minute that they jumped. Each class has a paper "hot air balloon" that is moved along the map as they go.

The class also gets the chance to earn extra credit mileage. The teacher picks one of the jumpers that used up all of their lives but were continuing to jump behind the line. That student is given a hand held pulse monitor. If their heart rate is within the target range (150-180), they earn a "bonus 1,000 miles" for their class. This way, the students that miss a lot while they are jumping can still help their class out by continuing to jump and keeping their heart rate in the target zone.

We take this opportunity to show the students that they don't have to go as fast as they can to get their heart rate in the target zone. They can go at a moderate pace and still be successful. It is a great activity to reinforce "target heart rate" and pacing.

Assessment Ideas:

Through continual use of the pulse monitor, we can see if the class is beginning to understand the concept of "target heart rate."

Submitted by **Tom Winiiecki** who teaches at Mott Road Elementary School in Fayetteville, NY. Thanks for contributing to PE Central! **Posted on PEC: 11/3/2000.**

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