

Jump! Jump! Jump!

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Exciting Jump Rope Activities that fit between the beginning skills and the fantastic jump rope teams.

Partner Jumps: Short Ropes

- 2 people jumping, one turns the short rope, partners facing each other
- 2 people jumping, one turns the short rope, partners facing the same direction, rope turns forward
- 2 people jumping, one turns the short rope, partners facing the same direction, rope turns backwards
- 2 people jumping, both turn (one each handle), rope turns forwards
- 2 people jumping, both turn (one each handle), rope turns backward
- 2 people jumping, both turn (one each handle), one person facing forwards one facing backwards.
- 2 X 2 (2 people with 2 short ropes but you hold one handle of the partner's rope that is between you. Think of an X of the ropes between you) Both turn forwards
- 2 X 2 (2 people with 2 short ropes but you hold one handle of the partner's rope that is between you. Think of an X of the ropes between you) Both turn backwards
- 2 X 2 (2 people with 2 short ropes but you hold one handle of the partner's rope that is between you. Think of an X of the ropes between you) One facing forward one facing backward. (I think you can eliminate the s on forwards and backwards)
- 3X3X3 = 3 partners, 3 short ropes. x the ropes between partners, all facing in the same direction, turn forwards
- 3X3X3 = 3 partners, 3 short ropes. x the ropes between partners, all facing in the same direction, turn backwards
- 3X3X3 = 3 partners, 3 short ropes, x the ropes between partners, with the center partner facing in the opposite direction
- 4X4X4X4 = all facing forwards and turning forwards
- 4X4X4X4 = all facing forwards and turning backwards
- 4X4X4X4 = alternating facing front and back
- This works great with lines of 6!

Short Rope Heavy Ropes: 2, 3, 4 pounds

- Forward Jumping
- Backward Jumping
- Forward Jumping and Moving

Group Jumping: Long and Short Rope Combinations

- short rope jumping in the long rope - forwards
- short rope jumping in the long rope - backwards
- short rope jumping in the long rope, crossing the short rope
- short rope jumping in the long rope, but the long rope turners also jump the long rope

- 2 short ropes jumping in the long rope - forwards
- 2 short ropes jumping in the long rope - backwards
- 2 short ropes jumping in the long rope 2X2 - forwards
- 2 short ropes jumping in the long rope 2X2 - Backwards
- Egg Beater: Cross 2 long ropes (+) and turn at same time with 1 jumper
- Egg Beater: Cross 2 long ropes (+) and turn at same time with 2 jumpers
- 3, 4, 5 jumpers inside of the long rope

Multiple Jumping Challenge:

- Short rope jumper, inside of a long rope, inside of another long rope and possibly inside of another long rope

Other Crazy Challenges:

- Skipping a short rope across the room and back as a team relay
- Jumping rope with a team of 2 or 3, changing jumpers every 10 jumps until the team get to 100 jumps

Landing

Soft, cushioned, safe.

Jump and land stationary

Jump and land front and back

Jump and land side to side

Triplets and Quadruplets

The Triplets and Quadruplets part of our jump rope unit has created the unique combination of jump rope skills and problem solving skills in the same lesson. The students can be timed (3 minutes) or given a certain # of jumps to do. How they put together the solution is up to their group. Some solutions work better than others, but most are very creative. The teacher should give the challenge and then step back and watch the work. After a period of time, the teacher should stop the activity, have some groups demonstrate their solutions and have the group evaluate their successes. Then it's time to move on to the next challenge.

LONG ROPES

1. 3 IN LONG ROPE, 1 PERSON TURNS, ALL 3 JUMP
2. 3 IN LONG ROPE, 2 OUTSIDE PEOPLE TURN, ALL 3 JUMP
3. 3 IN LONG ROPE, OUTSIDE PEOPLE TURN BACKWARD, ALL 3 JUMP
4. 3 IN LONG ROPE, OUTSIDE PEOPLE TURN FORWARD, INSIDE PERSON JUMPS BACKWARDS, ALL 3 JUMP

SHORT ROPES

1. 3X3X3
2. 3X3X3 BACKWARDS
3. 3X3X3 CENTER OPPOSITE

COMBINATION ROPES - LONG AND SHORT

1. 3 IN LONG ROPE, INSIDE PERSON JUMPS SHORT ROPE FORWARD (IF QUAD: 2 JUMP SHORT ROPE INSIDE)
2. 3 IN LONG ROPE, INSIDE PERSON JUMPS SHORT ROPE BACKWARDS (PERSON IS FACING OPPOSITE OF OUTSIDE TURNERS)
3. 3 IN LONG ROPE, OUTSIDE PEOPLE TURN BACKWARDS WHILE INSIDE PERSON JUMPS SHORT ROPE FORWARDS
4. 3 IN LONG ROPE, OUTSIDE PEOPLE TURN LONG AND SHORT ROPE FOR CENTER JUMPER, INSIDE PERSON TOUCHES NO ROPES
5. 3 IN LONG ROPE, OUTSIDE PEOPLE TURN LONG ROPE, EACH PERSON ALSO TURNS OWN SHORT ROPE GREAT OPTION: OUTSIDE PEOPLE TURN LONG ROPE BUT DO NOT JUMP IT, EACH TURNS SHORT AND JUMPS IT, INSIDE JUMPS SHORT AND LONG.
6. 3 IN LONG ROPE, OUTSIDE PEOPLE TURN LONG ROPE, EACH TURNS SHORT ROPES IN 3X3X3
7. 3 IN LONG ROPE, OUTSIDE PEOPLE TURN LONG ROPE, EACH TURNS SHORT ROPES IN 3X3X3, WITH CENTER PERSON BACKWARDS

Be creative in your challenges. These are only a limited number of challenges.

Try 6X6X6X6X6X6 with variations!!

Jump Rope Evaluation

Name _____

Grade 5

Short Rope (50)

Regular Jumps _____

Backwards _____

1 Foot Forward _____

1 Foot Backward _____

Total Short (_____)

Long Rope (50)

Regular _____

Right Foot _____

Left Foot _____

Long Total (_____)

Bonus (20)

Crossing _____

1 Turns for 2 _____

2 Turn short _____

2X2` _____

2 in Long Rope _____

Short in Long _____

Bonus Total (_____)

3 Totals _____

Jump Rope Evaluation

Name _____

Grade 5

Short Rope (50)

Regular Jumps _____

Backwards _____

1 Foot Forward _____

1 Foot Backward _____

Total Short (_____)

Long Rope (50)

Regular _____

Right Foot _____

Left Foot _____

Long Total (_____)

Bonus (20)

Crossing _____

1 Turns for 2 _____

2 Turn short _____

2X2` _____

2 in Long Rope _____

Short in Long _____

Bonus Total (_____)

3 Totals _____

Long Rope Group Challenges – Grades 5-6

1. How many can you get to jump the long rope at one time?
2. How many can you get to go through the long rope one at a time, on consecutive turns of the rope? No Jumps, Just Through!
3. Can your group go through in:
2's, then 3's, then 4's, then 5's?
4. Can you get your group to go through in consecutive numbers? 1, 2, 3, 4, 5, 6, etc.... Restart on a miss.
5. Can your group get 3 or 4 in the rope and switch places in the rope while jumping?
6. Can your group enter, jump as many as the # of the person that enters and then exit. First person enters and jumps 1, second person 2, third person 3, etc...


Jump the Shot Group Challenges

Groups of 3-5 Students

1. One turns and the others jump the shot in stationary positions.
2. One turns and others jump while moving in opposite direction of the shot.
3. One turns and others jump while moving in same direction of the shot.
4. One turns and others jump on one foot.
5. One turns and varies speed of the shot.
6. One turns and others jump and turn 180 degrees on each jump.
7. One turns and others enter and jump a designated # of times and exit.

Jump Rope Challenges 6th

Groups of 5 Challenges

1. How many times can a group of 4 jump a long rope
2. Can you get 4 to jump "into" a long rope one at a time, and out
3. How many jumps can you get in an "Egg Beater"
4. How many can you get in a short rope "X" line
X X X 
5. Challenge another group of 5 to a contest of "how many jumps can you do." (Long Rope)
6. Each person jumps until a miss-What's team total? (Short Rope)

Jump Rope Unit

Jumping In and Out of the Long Rope Activities

Rope Turning Towards the Jumpers

Groups of 5 with 2 turning:

- In and Out with NO Jump (Through)
- In, Jump Once and Move Out
- In, Jump Twice and Move Out
- In, second person in, one out, both out
- 1 in, 2 in, 1 out, 3 in, 2 out, 1 in
- 1 in, 2 in, 3 in, 1 out 2 out, 3 out
- 2 in, 2 out
- 3 in, 3 out
- 4 in, 4 out
- 1 in, 2 in, 1 out, 3 in, 2 out, 3 out

Combining Groups of 5 to groups of 10

- 2 in 2 jumps, 2 in 2 jumps, 2 in 2 jumps
- 3 in 3 jumps, 3 in 3 jumps, 3 in 3 jumps
- 4 in 4 jumps, 4 in 4 jumps, etc
- 1 in, 2 in , 3 in, 4 in, 5 in, 6 in, 7 in, 8 in
- 2 in jump 2, 3 in jump 3, 4 in jump 4, 5 in jump 5

FlagHouse Equipment Used In This Session:

9' Beaded Jump Rope – Orange for Bullying Awareness #18713
16' Beaded Jump Rope – Red or Multi-Colored #8842
Long 30' Jump Ropes made of Nylon sold by foot (call for details)
1 lb Heavy Rope # 10731
2 lbs Heavy Rope #10735
3 lbs Heavy Rope #10739
4 lbs Heavy Rope #10743

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See the next page!



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THE HO-HO-KUS PUBLIC SCHOOL "WORLD FAMOUS JUMP ROPE UNIT"

The Ho-Ho-Kus School "World Famous" Jump Rope unit is now being used all over the United States, Europe and the Far East. It is a simple, practical, no frills unit that every student in grades 3-12 can take part in and be successful. There is a place for every kind of jump and jumper. The unit is flexible enough for every school to adapt it to their situation and facilities. There are over 1,000 schools now using this unit and millions of students have participated in it.

Day 1: Record Setting Day #1

On this day all students try to set class, grade level and school records in as many categories as your school can think of. (Save a few for Record Day #2). The categories and a sample bulletin board or chalkboard are shown in Appendix A. Teachers demonstrate the skills, do the record keeping and supervise. Everything else is left up to the students. For a new record to go up on the board, a student must have some one count and verify the number. If a student has a new record they come to the board and announce to the teacher:

"I have a new record. Category is _____. (Short rope backward right foot). The Number is _____. (767) My name is _____. (Sandy Jones)

The old record is erased and the new record is written in the box. This continues for the whole class period.

Day 2: Jump Rope Club Day

Around the room are giant pieces of paper with jump rope skills and the number of jumps it takes to get into that club. The students jump the rope, try to reach the level required and if they do they sign their name on the paper.

Example: SHORT ROPE FORWARD RIGHT FOOT

10 20 40 75 100

The names are signed under the correct numbers.

Day 3: EVALUATION DAY AND FUN JUMP DAY

On this day all students are given an evaluation on the basic jumps that you feel are important to your curriculum. Ours are: short rope regular, short rope backwards, short rope 1 foot, long rope regular, long rope one foot. They try to jump their grade level X 10 for a perfect score in each category. Example: third grade $3 \times 10 = 30$. The fun jumps include: how many in one rope, how many jumps with 5 or more people. group turnstile, egg beater and double dutch.

Day 4: TRIPLETS/QUADRUPLETS

This day challenges groups of 3 students to jump in groups of 3/4 using 1, 2, 3 or 4 ropes. Each activity lasts 3 minutes. See TRIPLETS/QUADRUPLETS ACTIVITY SHEET.

Day 5: FINAL RECORD SETTING DAY

This is the final attempt for the year at setting school records that will be published and kept for the next full year. We usually add a few more categories so that the numbers are not too high for the average jumper. These records are put in the school newspaper and on a bulletin board display. Students still come back years later to see if their "school records" are still there.

OPTIONAL DAY JUMP ROPE FOR HEART DAY

This is an exciting unit at the Lloyd Road School. Every year it gets bigger and better. It's challenging, simple and practical. No frills but plenty of thrills.

Around the Room Papers:

Categories for grade 3 around the room jump rope activities: Large papers (3'X6" from the art room!) are posted around the room with columns of 20, 30, 50. Students attempt to sign there name on each paper in the correct column as per how many consecutive jumps they have done in that category.

- 1. Regular**
- 2. right foot**
- 3. left foot**
- 4. backwards**
- 5. backwards right foot**
- 6. backwards left foot**
- 7. forward crossing**
- 8. backwards crossing**
- 9. 2 people 1 rope 1 turns**
- 10.2 people 1 rope both turn**
- 11.2 people 1 rope both turn backwards**
- 12.2 people 2 ropes X forward**
- 13.2 people 2 ropes X backwards**
- 14.2 people 2 ropes X front/back**
- 15.3 people 3 ropes X**
- 16.3 people 3 ropes X front/back/front**

Long Ropes:

- 1. regular**
- 2. right foot**
- 3. left foot**
- 4. 2 people**
- 5. 3 people**

Beginning skills: Short Ropes

- 1. Turning the rope right hand**
- 2. Turning the rope left hand**
- 3. Cheerio Loops forward and backwards**
- 4. Cheerio Loop forward, under toes, lift heels and over again**
- 5. Over – Jump - Over**
- 6. Regular forward jumping**
- 7. Right foot forward**
- 8. Left foot forward**
- 9. Backwards**
- 10. Backwards right foot**
- 11. Backwards left foot**
- 12. Forward crossing**
- 13. Backwards crossing**
- 14. 2 people 1 rope 1 turns**
- 15. 2 people 1 rope both turn**
- 16. 2 people 1 rope both turn backwards**
- 17. Turn right, Turn left, Turn and jump the rope,
Repeat.**
- 18. Speed jumping**

Beginning Long Rope Skills: Primary

- **Follow the leader over a rope**
- **Follow the leader over the wiggling snake rope**
- **Follow the leader over the wild up and down snake**
- **Follow the leader high water low water (rope moving up and down)**
- **Follow the leader jumping the waves (rope moving towards you and away)**
- **Jump a turning rope**
- **Jump a turning rope with teacher giving commands such as:**
 - **Turn around**
 - **Touch the floor**
 - **Close 1 eye**
 - **Clap**
 - **Hot pepper fast jumping**
- **Partners in a turning long rope**
 - **Face each other**
 - **Face away**
 - **Change places**
 - **Shake hands**
 - **High 5**
 - **High 10**

Jump the Shot Group Challenges

Groups of 3-5 Students

- 8. One turns and the others jump the shot in stationary positions.**
- 9. One turns and others jump while moving in opposite direction of the shot.**
- 10. One turns and others jump while moving in same direction of the shot.**
- 11. One turns and others jump on one foot.**
- 12. One turns and varies speed of the shot.**
- 13. One turns and others jump and turn 180 degrees on each jump.**
- 14. One turns and others enter and jump a designated # of times and exit.**

Ho-Ho-Kus World Famous Jump Rope Challenge Unit
List of Jump Rope Challenges:

Short Rope:

1. Short Rope Regular Forward
2. Short Rope Regular Backward
3. Short Rope Right Foot Forward
4. Short Rope Left Foot Forward
5. Short Rope Right Foot Backward
6. Short Rope Left Foot Backwards
7. Short Rope Crossing Forward
8. Short Rope Crossing Backward
9. Short Rope Crossing Forward 1 foot
10. Short Rope Crossing Backward 1 Foot
11. 2 in Short 1 Turns Forward
12. 2 in Short 1 Turns Backward
13. 2 in Short Both Turn Forward
14. 2 in Short Both Turn Backward
15. 2 in Short One Turns Forward, 1 Turns Backward
16. 2X2 Forward
17. 2X2 Backward
18. 2X2 1 Forward 1 Backward
19. 3X3X3 Forward
20. 3X3X3 Backward
21. 3X3X3 Middle Backward, Outsides Forward

Long Rope Challenges;

1. Long Rope 1 Person Regular
2. Long Rope Right Foot
3. Long Rope Left Foot
4. 2 People in a Long Rope
5. Short in a Long Rope
6. 2 Shorts in a Long Rope
7. 2X2 in a Long Rope
8. 3 in a Long Rope
9. 5 in a Long Rope
10. Egg Beater

Special Challenges:

1. Heavy Ropes 2 lbs
2. Heavy Ropes 3 lbs
3. Heavy Ropes 5 lbs
4. 30 Second Speed Jumping
5. 2 in an Egg Beater
6. 6X6X6X6X6X6
7. 6X6X6X6X6X6 Alternating Forwards and Backwards
8. Pushups in a Long Rope
9. Double Dutch

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