

“Triple Threat”-Jump Bands

by

Kelly E. Duell, M.A.

Grade Level: K-12

National Standards:

#1: #2: #3: #4: #5: #6:

Learning Objectives:

- The student will practice various jumping techniques with two feet.
- The student will practice various jumping techniques with one foot.
- The student will work cooperatively in a group and maintain proper personal responsibility.
- The student will use proper social support.

Space Needed:

- A large, flat area is best such as a cafeteria, blacktop, or gym.

Equipment & Materials Needed:

- Two (2) sets of jump bands per group of students.
- One (1) set of jump band task cards per group of students.
- Jump music (optional).
- CD player (optional).
- Chalk for marking steps (optional).

Set-Up:

- Pre-arrange groups of students in five's (5) or seven's (7).
- Lay out two (2) sets of jump bands per group of students.
- Mark foot positions on ground with chalk (optional).
- Place the jump band task cards next to each group's area.

Description of Learning Activities:

- Groups choose who will be the “Enders”, “Middle” and who will be the “Centers” first.
- Enders shall loop the ends of the jump bands around their ankles; be sure the jump bands are straight across from one Ender's foot to the other Ender's foot (not twisted).
- “Middle” shall have the ends of both bands on their ankles, creating a link between the two sets of bands, in a straight line.
- Enders and Middle should begin with their feet spread out wide-“straddled”.

- Enders' and Middle's pattern is: "out-out, in-in"; double jump/bounce with legs spread wide; double jump/bounce with both feet together.
- Enders and Middle need to follow the same rhythm, together.
- Teacher should direct Enders and Middle to practice their jumping and get their rhythm, for a few minutes.
- There should be one (1) or two (2) Centers in between each set of jump bands.
- Centers begin facing sideways to the jump bands; on the right side; with their right foot closest to the jump bands.
- Centers' foot pattern is exactly the same as "Tinikling": "in-in, out-up", traveling to the right, repeat. Right foot steps in between the two (2) jump bands, closest to the opposite jump band; left foot steps in, next to the right foot without crossing over; right foot steps out of the jump bands; left foot steps out, without touching the ground (looks like a knee lift); travel to the left-left foot steps back between the two jump bands, closest to the opposite jump band; right foot steps in, next to the left foot, without crossing over; left foot steps out of the jump bands; right foot steps out, without touching the ground (knee lift); repeat sequence.
- Enders and Middle stand straddled, not moving to allow the Centers to practice their jump sequence through the jump bands.
- Enders and Middle begin their sequence (out-out-in-in) and continue this pattern/rhythm throughout the "dance".
- Centers stand prepared to begin; they begin their sequence on the second "out-out" of the Enders and Middle.
- Once students master this jump sequence, teacher may allow them to do other jump patterns.
- It is best to have one student in the group be the leader to signal when the Enders and Middle begin and when the Centers begin.
- Repeat series so each student has the opportunity to practice being both an Ender, Middle, and a Center.

Authentic Assessment:

- Teacher observation of students' social support and group cooperation working with their partner.
- Students give themselves an assessment regarding how they interacted with their group.
- Instructor may use a skills checklist to determine skill level of each student: jumping sequence; jumping technique; pattern; rhythm.