

Jump Rope Routine Group Choreographing

by
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Grade Level: K-12

National Standards:

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

Learning Objectives:

- The student will practice all previously taught rope jumping skills.
- The student will choreograph a jump rope routine in a group.
- The student will work cooperatively in a group and maintain proper personal responsibility.
- The student will use proper social support.

Space Needed:

- A gym floor is best; however a cafeteria, blacktop, or any flat surface is acceptable.

Equipment & Materials Needed:

- One jump rope per student.
- Rope Jump skills posters.

Set-Up:

- Place the jump rope cart in an available place for students to be able to pick out the appropriate size jump rope.
- Hang posters of the different kinds of jump skills around the area.

Description of Learning Activities:

- Review/reminders of the required skills for the routine.
- Each group will consist of 4 students.
- Each group will be given time to practice different rope jump skills.
- Each group will be given time to choreograph a jump rope routine and practice it.
- Each group should review their routine and make any alterations, changes, additions, etc. as necessary.

**The teacher may assist the groups with choreographing ideas, suggestions, critiques, etc. to better prepare them for their presentation.

Authentic Assessment:

- Peers observe one another during the practice section and give suggestions on how to improve a specific jump skill.
- Students may give an assessment score for their group's social support during the practice session.
- Teacher observation of students' social support throughout the class.
- Teacher observation of students' rope jumping skills.
- Upon completion of the activity, the students perform their routine in front of the class.
- The students complete a pre-designed, peer assessment of the performing groups.
- The teacher video tapes the groups for viewing later.

Presentation Requirements:

- All routines will be in groups of four (4) students.
- All routines will be using one (1) short rope per student.

- Routine must be at least 30 seconds in length and no longer than 60 seconds.
- The routine must consist of six (6) different types of jumps; one (1) jump series must be in the intermediate jump level category.
- Each jump series must be at least 8 counts that means you must jump at least 8 times in a row.
- Each foursome shall complete one (1) Jump Rope Routine Worksheet for the entire group, which will assist the group in remembering the order and count for each jump series.
- All routines will be performed in front of the class and video taped by the teacher.
- Each student will complete a peer assessment for the other groups performing.