

# Jump Rope Unit

## 3<sup>rd</sup> Grade

### Day 1

Review 2<sup>nd</sup> grade skills – Single Rope  
Forward and backward turning  
Jumping step  
Running /jogging step  
Hop on one foot step

Introduce new step patterns  
Bell  
Skier  
Single and/or double side swing  
Crisscross

Activity  
Speed test

### Day 2

Review Day 1 step patterns

Introduce  
Alternate bell and skier  
Heel – to – heel

Activity  
Endurance test

### Day 3

Review Day 1 and 2

Teacher directed and free choice

Introduce partner work with short ropes  
Jumping step  
Jogging step

Activity  
Turns without errors

## Day 4

Practice time for individual jumping  
Review partner work from day 3

### Activity

Develop an individual routine

## Day 5

Review 2<sup>nd</sup> grade skills - Long jump Rope  
Rope turning  
Jumping cues  
Distance apart of turners  
Standing start

### Introduce

Step in start

## Day 6

Review of day 5

### Introduce

Jump turns  
Bounce a ball while jumping

### Activity

Group routine