

# Jump Rope Unit

## 4th Grade

### Day 1

Review 3rd grade skills – Single Rope  
Forward and backward turning  
Jumping step  
Running /jogging step  
Hop on one foot step  
Bell  
Skier  
Single and/or double side swing  
Crisscross

#### Activity

Speed test  
Individual routine

### Day 2

Free practice of day 1 step patterns

#### Review

Alternate bell and skier  
Heel – to – heel  
Partner jumping

#### Activity

Endurance test  
Turns without errors

### Day 3

Review Day 1 and 2  
Individual  
Partner

Develop a partner routine

### Day 4

Practice of both individual and partner jumps

New individual jumps  
Monkey  
Hurdle

Kick Swing  
Can can  
Make one up

Activity  
Individual or partner demonstrations

Day 5

Review 3<sup>rd</sup> grade skills - Long jump Rope  
Try single rope jumps

Activity  
Team demonstrations

Day 6

Review of day 5

Introduce  
Double dutch