

Jump Rope Unit

5th Grade

Day 1

Review 4th grade skills – Single Rope
All turns and steps from 4th grade

Activities

Speed test
Individual routine

Day 2

Review partner work

Activities

Endurance test
Partner routine

Day 3

Review long rope work

Activities

Long rope routine with a chant

Day 4

Practice time for work from day 1 through day 3

Day 5

Review double dutch
Which step patterns work best

Day 6

Continue double dutch

Activity

Group routine