

Please note: Activities are member submitted and not approved prior to uploading by SHAPE America staff.

Name of Activity	
Jump Rope Ladder	
Submitted by	Susan Kuhn
National Standard(s)	PE: <ul style="list-style-type: none"> Standard 1 - The physically literate individual demonstrates competency in a variety of motor skills and movement patterns. Standard 3 - The physically literate individual demonstrates the knowledge and skills to achieve and maintain a health-enhancing level of physical activity and fitness.
Grade Level Outcome or Performance Indicator	S1.E27.3 Performs intermediate jump rope skills for both long and short ropes. S1.E27.4 Creates a jump rope routine with either short or long rope. S1.E27.5 Creates a jump rope routine with a partner, using either short or long rope.
Activity Objective	The Student Will Be Able To: <ul style="list-style-type: none"> Pick the jump rope that is the appropriate size Perform basic jump roping
Grade(s)	3-5
Materials	<ul style="list-style-type: none"> Enough jump ropes of the correct size for all students A visual, ladder poster for all students to view
Activity Description	
<p>The students will use skill progressions to improve their individual jump rope skills. Explain to them that a skill progression challenge means something starts easy and gets harder as you practice. The Jump Rope Ladder starts at the bottom, just like how you climb a ladder. Each step on the ladder gets harder. The bottom is the easiest and the top is the hardest. Each step of the ladder should also include a picture that indicates the skill for that level. In order to complete a level you must do the skill at least 5 times. See sample image of ladder at the end of the document.</p> <p>Conclusion/Assessment: Assessment will include:</p> <ul style="list-style-type: none"> Asking students where they began and ended. Assign a goal for students to achieve and a window of time for a grade. Have a student explain to a partner or the teacher what the Jump Rope Ladder is. Teacher observation 	
Modifications	
<i>Include ways to modify this activity for advanced, lower level and inclusion students.</i>	

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Differentiation/Inclusion:

- Allow students to use skipping sticks, to shadow the movement.
- Use a long jump rope - being turner or jumper.
- Jump over a rope on the floor or a line.
- Perform all jumps in place.

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