**Jump Rope Unit Organizer**

**5th Grade Wilcox/Reeves**

**Previous Unit Next Unit Continuous Unit**

Basketball Track and Field Rhythms Unit

**Summary**

In this unit students will review and build upon skills learned in previous years. They will practice Jump rope skills and then use those skills learned and create a 2 minute continuous routine that will be performed for their classmates.

**The Big Idea**

Students will practice skills correctly and jump rope continuously for one minute and be able to work in a group setting to create a routine.

**Colorado Physical Education State Standards  
Standard: 1. Movement Competence and Understanding in Physical Education**

1A. Demonstrate competency in motor skills and movement patterns needed to perform a variety of physical activity.

1B. Demonstrate understanding of movement concepts, principles, strategies, and tactics as they apply to learning and performing physical activities.

**Standard: 2. Physical and Personal Wellness in Physical Education**

2A. Participate regularly in physical activity.

2B. Achieve and maintain a health-enhancing level of physical fitness.

**Standard: 3. Emotional and Social Wellness in Physical Education**

3B. Exhibits responsible personal and social behavior that respects self and others in physical activity settings.

**Standard: 4. Prevention and Risk Management in Physical Education**

4C. Apply personal safety knowledge and skills to prevent and treat intentional or unintentional injury.

**Integrated Units/Activities – Similar ideas**

**Tempo –** Beep, Beep- activity performed with a song to introduce different tempos.

**Cooperation –** working with a partner/group as we do with all team sports. Specifically volleyball students start with individual skills then work with a partner and then move into a game situation.

**Cardio respiratory endurance-** We perform laps for warm-ups throughout all grade levels. Some are by number and other are timed to work on increasing student’s endurance and get them ready for our Liberty Presidential Fitness Assessment, mile run.

**Rhythm-** This is our main Rhythm unit.

**Core Knowledge Language Arts - NA**

**Prior Knowledge**

Kindergarten – 5th grade

K – 1st- Exploration with 1 long rope with teacher swinging and one jumper at a time.

Basic individual jump

2nd- 3rd – Students practice a variety of single rope skills, 3 partner skills and 2 long

rope skills

4th - Students practice a variety of single, partner and long rope skills

6th – Students continue practicing single, partner and long rope skills learned in 5th

grade. They will also design and perform a routine for their classmates that have

a few more intricacies than the 5th grade routine.

**What they will learn in future grades?**

7th-8th – Students will encounter jump rope as a warm-up on occasion as well as a filler

station during testing for LPFA and Punt, Pass and Kick.

9th-12th – Students may take PE as an elective class but there is no jump rope unit

covered. A dance unit is implemented to cover our Rhythms standard.

**Core Knowledge Links – Connections to Core Knowledge in other classrooms**

In general, our jump rope unit follows the basic core knowledge principles. Students learn the basics which build upon each other year after year. PE teachers make sure to overlap/practice what was learned the year before and build upon their skill and knowledge. Each year a little more time is spent on the sport and is taught more in depth.

**Additional Resources**

G.A.S.P poster in gym, score cards used at some stations, posted records for different station competitions.

**Standards for Achievement**

**Student’s will-**

\*Know the skill cues for the basic individual skills, partner skills and long rope skills.

\*Practice the basic individual skill, partner skill and long rope skill the proper way.

\*Be able to perform a variety of individual, partner and long rope skills.

\*Be able to work in a group and cooperate so everyone has a voice in creating a routine.

\*Be able to create and memorize a 2 minute continuous routine that meets all of the

requirements.

\*Display appropriate safety for themselves and their peers throughout the unit.

\*Display good sportsmanship throughout the lesson.

**Types of Assessments**

\*A visual assessment will be used by the teacher as well as a 1 minute jump test which will ensure students are able to perform an individual basic jump.

\*Students will be quizzed orally regarding skill cues and safety.

\*Students will test their ability to display their knowledge and skills as they prepare a routine for their classmates that will be graded based on a set of criteria that will be discussed before the start of lesson 3.