

JUMP ROPE

Jump rope is one of the most popular cardiovascular fitness activities. It can be performed indoors or outdoors, is inexpensive, and very simple to do. Jump rope combines dance, aerobics, and exercise and is often done in time with music.

BENEFITS OF JUMPING ROPE

- 1.) Cardio-respiratory endurance
 - a. The heart muscle is strengthened and the respiratory and circulatory systems will work more efficiently
 - b. Improved blood circulation throughout the body. The lungs, heart, skeletal muscles, and other organs work together more efficiently
 - c. Enable a person to do more and tire less easily
- 2.) Stress Management
 - a. Increased ability to manage stress, release tension, and induce relaxation and sleep
- 3.) Increase self-esteem
 - a. Enhanced self-confidence
- 4.) Weight Control
 - a. The thighs, abdominal area, waist and hips will become trim
 - b. Burn off calories to help shed extra pounds
 - c. Helps maintain an ideal weight
- 5.) Balance
- 6.) Strength
- 7.) Agility
- 8.) Flexibility
- 9.) Power
- 10.) Speed
- 11.) Coordination
- 12.) Improve fine and gross motor coordination
- 13.) Provide rhythmic training
- 14.) Provide a foundation for sports skills
- 15.) Be challenging and serve as a self-testing activity
- 16.) Create a competitive interest
- 17.) Develop opportunities for creativity

ADVANTAGES OF JUMPING ROPE

- 1.) Become a recreational activity for all ages
- 2.) Be performed as an indoor-outdoor activity
- 3.) Requires limited space and little equipment
- 4.) Results in immediate satisfaction

PROPER ROPE LENGTH

- 1.) The length is determined by the size of the person. The participant should stand on the rope with feet together; the handles should reach the underarms
- 2.) Double Dutch: ropes are 12-14 feet in length

GENERAL JUMPING HINTS

- 1.) Hold rope loosely, using thumb and index finger for control
- 2.) Elbows remain in at waist level with arms extended sideways at about a ninety degree angle
- 3.) The body should remain erect but flexible
- 4.) Use circular wrist motion to turn the rope
- 5.) Jump on the balls of the feet with a soft landing. Flat-footed landings can cause ankle, knee and shin problems
- 6.) Jump only high enough to clear the rope

SAFETY

- 1.) Never swing the rope at another individual or attempt to hit someone with the rope.
- 2.) Proper physical education attire must be worn
- 3.) No equipment should be used without the direction of the teacher
- 4.) All equipment must be returned to the proper location at the teacher's direction

ASSESSMENT OF JUMP ROPE

- 1.) Written test
- 2.) Students will participate in group choreographed routines which are adapted to their level of skill and endurance