



## Health Smart Virginia - Sample Lesson Plan

### Grade Level 3

**Unit**      **Jump Rope**

**SOLs:**

- 3.1b Demonstrate a self-turn rope sequence of four different jumps.
- 3.3c Demonstrate one activity for each component of health-related fitness.
- 3.4c Describe the importance of cooperating and work cooperatively with peers to achieve a goal.

**Title:**      **Jump Rope Battle Bags**

**Objectives/ Goals:**

- The student will perform a two foot jump over the rope while self -turning
- SWBAT identify the fitness components that jump rope skills enhance
- SWBAT work well/cooperate in a pair while moving safely through the gym setting
- SWBAT be active for at least 75% of the lesson

**Materials:**

- 40 jump ropes between the long lines of the basketball court and volleyball court (20 on each side)
- 1 set of dice between every two ropes
- 20 hoops lined up down the center line of the gym, alternating colors (red, yellow, orange, green blue and purple), hoops will match the color of the dice pair directly

across from them so that students know which hoop to go to. Each hoop will have 5 of the same color bean bags in it.

- Plickers class sets

## Procedure:

- Tt gives the students the following instructions for the game.
- The game of Jump Rope Battle Bags is a challenge between two teams. Team A is on 1 side of the activity area, and Team B is on the other side.
- The objective is for you to get rid of your team's beanbags and be the team with the fewest remaining bags when the game is over.
- You'll work in pairs. You and your partner will roll a set of dice to determine the number of jumps to complete before you can collect and toss a beanbag. Both partners must complete a number of jumps equal to the total of the dice. *(APE Ss will be using hand ropes only – two 24 inch pieces of rope tied with one large knot tied at one end – Teacher Assistant (TA) will show APE student how to turn the ropes mimicking the movement of a jump rope while simulating jumping over a full rope).*
- After both partners have completed jumps, you'll both bearwalk to 1 of your team's hoops, take 1 bean bag each, and toss it into 1 of the other team's hoops. Then, quickly bear walk back to the dice and roll again. If you miss the hoop, quickly pick the beanbag up and place it in a hoop. *(APE Student will be instructed to bearwalk 4 steps forward and then 4 steps back to the starting point).*
- Continue until you hear the 4 whistle stop signal.
- You will have 45 seconds to pick a partner and walk to a set of jump ropes. If you do not pick a partner during that time I will pick one for you. 5, 4, 3, 2, 1 Go!
- Ss will find partners and walk to a set of ropes. Tt will quickly partner up students who do not have one.
- Tt will blow whistle to indicate start and students will begin.
- Tt and TA's will roam throughout play area to ensure students are taking turns rolling dice, adding properly, performing two-foot jumps with their ropes and keeping hips high with knees off of the ground during bear walks.
- TT blows whistle 4 times to indicate stop
- Ss freeze, sit where they are and wait for instructions. *(APE student is allowed to remain standing)*
- TT gives the students specific positive feedback then tells them to make sure their dice are between the partners' ropes.
- Once TT is satisfied with clean up, tells students to walk back to squad lines.
- Ss walk back to squad lines to sit for exit ticket. *(APE student is allowed to remain standing just to the left of her squad spot)*

- TA's pass out numbered plicker cards.
- TT writes exit ticket question and 3 answer choices on learning board while also reading it out loud: Which component of fitness do we work on when we are jumping rope? A.) Flexibility B.) Cardiorespiratory Endurance C.) Muscle Strength D.) Muscle Endurance
- TT will tell students to hold up their answer while they are scanned. Ss will turn their cards to the answer they choose and hold the card above their head.
- Once all cards are scanned Tt will tell students to stand one squad at a time to walk outside for recess. A TT will collect Plicker cards as each student passes while TA's lead each squad outside.

### **Assessments, References & Sources:**

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