

# **JUMP ROPE LESSON**

## **Objectives**

1. Improve students rhythm and coordination
2. Improve muscular endurance, speed, and balance.
3. Students will be introduced to and work on improving basic jump rope skills.
4. Students will be given the opportunity to participate in the JUMP ROPE FOR HEART program.

## **Skills**

1. Hold the rope loosely
2. Keep the elbows in at waist level, with the arms out at a 90 degree angle
3. Use a wrist motion to turn the rope
4. Jump on the balls of your feet
5. Use small jumps

## **Day one**

Use video tape " FITT FOR THE FUN OF IT "

Have students jump to the tape at their own ability levels

## **Day two**

Introduce the "Jump rope for heart" program

Hand out JRFH materials

Jump rope time permitting

## **Day three**

Use the " Mark Rothstein " video tape series to demonstrate various jump rope exercises.

## **Day four**

Continue jumping