Aerobic Jump Rope

Content Area: **Physical Education and Health**
Course(s): **Physical Education 9, Physical Education 10, Physical Education 11, Physical Education 12**
Time Period: **School Year**
Length: **8 blocks**
Status: **Published**

Transfer

Students will learn to work cooperatively, explain and demonstrate work ethic, jump roping skills and physical fitness.

Enduring Understandings

Individuals who learn to practice safely, effectively and efficiently will feel comfortable and confident in the performance of skill related components.

Understanding jump rope skills increaseses desires to improve skill related components directed at correct, controlled physical execution.

This activity provides life time fitness, sociability and enjoyment for all ages and abilities.

Regular aerobic exercise can have a lasting conditioning effect on the cardiovascular system.

Essential Questions

What makes jump rope an aerobic activity?

How do I take my pulse?

What do the numbers in pulse rate mean and what is recovery rate?

How does an aerobic program benefit me?

How do basic jump rope skills differ from intermediate and advanced skills?

How do I choose a grade to aim for?

How does a solo routine differ from single long rope and double dutch?

Content

Vocabulary

single rope, double dutch, aerobic, pulse, recovery rate, beginner skills, intermediate skills, advanced skills, routine, team skills, rhythm, timing

Learning Objectives

Demonstrate taking pulse.

Discuss steps in assessing pulse rate and evaluating recovery rate.

Discuss the importance and benefits from an aerobic program.

Demonstrate basic s skills to incorporate in a single jump rope routine.

Practice and challenge yourself with intermediate and advanced skills.

Create a routine based upon a chosen rubric level.

Explore different variations using pair jumping, single long rope and double dutch.

Standards

HPE.2.5.12	All students will utilize safe, efficient, and effective movement to develop and maintain a healthy, active lifestyle.
HPE.2.5.12.A	Movement Skills and Concepts
HPE.2.5.12.A.2	Analyze application of force and motion (weight transfer, power, speed, agility, range of motion) and modify movement to impact performance.
HPE.2.5.12.B	Strategy
HPE.2.5.12.B.3	Analyze factors that influence intrinsic and extrinsic motivation and employ techniques to enhance individual and team effectiveness.

Assessments

Teacher observation
Formative: Other Evidence: Other: Teacher Observation

Active participation
Formative: Other Evidence: Performance: Authentic Task
Proper demonstration of skills, strategies and creativity with combining skills into a routine
Formative: Other Evidence: Performance: Skill Demonstration
Cooperation with peers
Formative: Other Evidence: Other: Teacher Observation
Written test covering definitions of aerobics, cardio benefits and how to assess them, various forms
Test: Written
Class discussions
Formative: Other Evidence: Oral: Discussion