

MOVEMENT SKILLS & CONCEPTS USING ROPE PATTERNS

Outcome: *I can identify the cues to jumping a self-turned rope.*

Following the focus of the lesson, ask students to identify cues for jumping a self-turned rope. As students call out the cues, have the entire class perform a pretend rope jump using that cue.

Potential cues include:

- Feet apart
- Elbows in
- Little swings
- Little jumps
- Look for the rope