

# Jump-Rope for Beginners

Grades K-5

## BENEFIT

Aerobic exercise,  
strengthens  
bones

## LOCATION

Blacktop,  
multipurpose  
room

## EQUIPMENT

1 jump rope  
per student

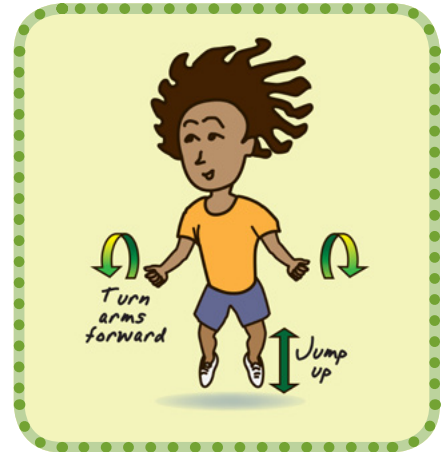
## Teaching the Basic Jump-Rope Form

Before teaching jump-rope basics, take a few minutes to observe your students jumping on their own without instruction. Notice who can jump continuously with good form and who needs help. Let the students with good form jump on their own; take the students who need instruction aside and teach them the following four steps for beginners. Don't rush to teach all four steps at once. Watch your students carefully. Only move to Step 4 (continuous jumping) when your students are comfortable with Steps 1-3.



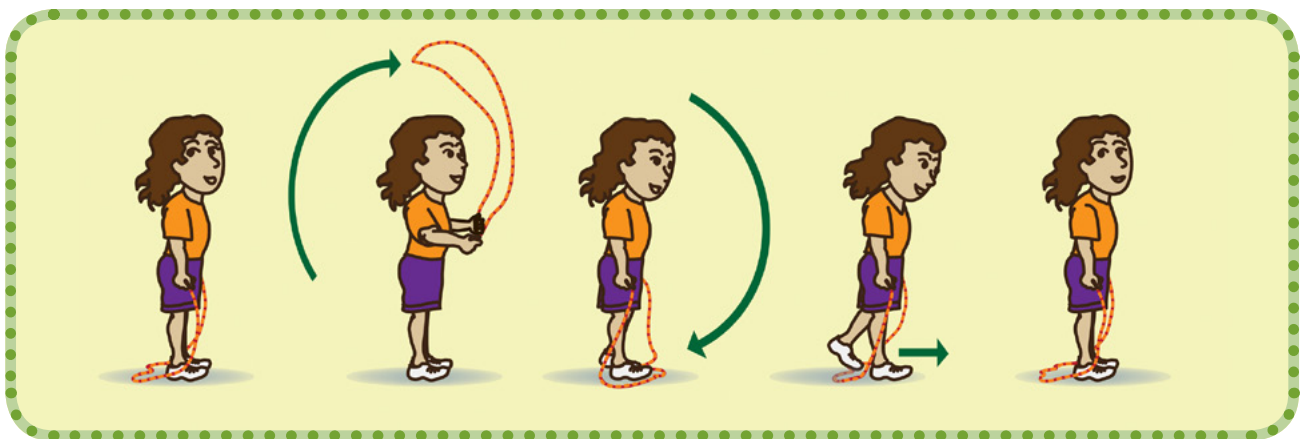
**Step 1: Pretend to jump rope without the rope.**

Jump up and down repeatedly. Keep your body straight—no bending forward at the waist. Keep your arms in jump-rope position: arms out to the sides, hands slightly above the waist (as if you were holding a jump rope), elbows slightly bent. As you jump, rotate your arms and wrists forward in small circles to simulate the turn of the rope. Land softly, bending your knees to cushion the impact on each jump. Jump continuously for 10 to 20 seconds.



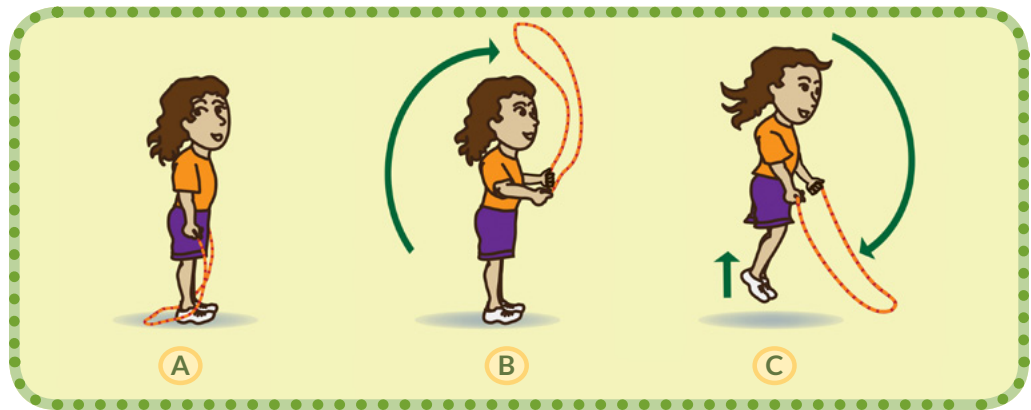
**Step 2: Turn the rope, let it hit your feet, then step over the rope.**

Hold a jump rope in the starting position: grasp one handle in each hand; the center of the rope should rest on the ground, behind your heels (A). Turn the rope once (keep your arms in jump-rope position throughout this move): using your arms and wrists, flip the rope up over your head and down to the ground in front of you (B); let the rope hit your feet (C). Step over the rope, one foot at a time (D), returning to the starting position (E). Repeat the movements several times.



**Step 3: Take one jump at a time.**

Hold a jump rope in the starting position—grasp a handle in each hand (A). Turn the rope once and bring your arms out to the sides (B). Watch as the rope descends in front of you. When the rope is level with your knees, begin to jump; push off from both feet at the same time (C). After jumping the rope once successfully, return to the starting position.

**Step 4: Jump rope continuously.**

Repeat the movements of Step 3, but this time do not return to the starting position after your jump. Keep the rope moving; go right into another turn of the rope, bringing it over your head and down in front of you.

**JUMP-ROPE TECHNIQUES**

Inexperienced jumpers tend to bend forward at the waist, bend their knees excessively, and bring their arms and hands together in front of their chests. The following prompts can help your students remember the proper form.

- Don't bend at the waist.
- Think of yourself as a pencil—completely straight, with only a slight bend in the knees.
- Keep your arms out to the side.
- Bend your elbows a bit.
- Turn your arms, and rotate your wrists in small circles as you turn the rope.
- Don't pound the pavement. Land softly on the balls of your feet.
- Keep your jumps low. Your feet should clear the ground by just a few inches.
- Bend your knees when you land, to absorb the impact.