

THE HO-HO-KUS PUBLIC SCHOOL **"WORLD FAMOUS JUMP ROPE UNIT"**

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1989 NASPE National Teacher of the Year

The Ho-Ho-Kus School "World Famous" Jump Rope unit is now being used all over the United States, Europe and the Far East. It is a simple, practical, no frills unit that every student in grades 3-12 can take part in and be successful. There is a place for every kind of jump and jumper. The unit is flexible enough for every school to adapt it to their situation and facilities. There are over 1,000 schools now using this unit and millions of students have participated in it.

Day 1: Record Setting Day #1

On this day all students try to set class, grade level and school records in as many categories as your school can think of. (Save a few for Record Day #2). The categories and a sample bulletin board or chalkboard are shown in Appendix A. Teachers demonstrate the skills, do the record keeping and supervise. Everything else is left up to the students. For a new record to go up on the board, a student must have some one count and verify the number. If a student has a new record they come to the board and announce to the teacher:

"I have a new record. Category is _____. (Short rope backward right foot). The Number is _____. (767) My name is _____. (Sandy Jones)
The old record is erased and the new record is written in the box. This continues for the whole class period.

Day 2: Jump Rope Club Day

Around the room are giant pieces of paper with jump rope skills and the number of jumps it takes to get into that club. The students jump the rope, try to reach the level required and if they do they sign their name on the paper.

Example: SHORT ROPE FORWARD RIGHT FOOT

10 20 40 75 100

The names are signed under the correct numbers.

Day 3: EVALUATION DAY AND FUN JUMP DAY

On this day all students are given an evaluation on the basic jumps that you feel are important to your curriculum. Ours are: short rope regular, short rope backwards, short rope 1 foot, long rope regular, long rope one foot. They try to jump their grade level X 10 for a perfect score in each category. Example: third grade $3 \times 10 = 30$. The fun jumps include: how many in one rope, how many jumps with 5 or more people. group turnstile, egg beater and double dutch.

Day 4: TRIPLETS/QUADRUPLETS

This day challenges groups of 3 students to jump in groups of 3/4 using 1, 2, 3 or 4 ropes. Each activity lasts 3 minutes. See TRIPLETS/QUADRUPLETS ACTIVITY SHEET.

Day 5: FINAL RECORD SETTING DAY

This is the final attempt for the year at setting school records that will be published and kept for the next full year. We usually add a few more categories so that the numbers are not too high for the average jumper. These records are put in the school newspaper and on a bulletin board display. Students still come back years later to see if their "school records" are still there.

OPTIONAL DAY JUMP ROPE FOR HEART DAY

The categories we used in are:

Short Rope	Long Rope
regular	regular
right foot	right foot
left foot	left foot
2 people 1 turns	2 people
2 people both turn	3 people
backwards	5 people
backwards right foot	
backwards left foot	short in long
crossing	2 short in long
back crossing	egg beater X
2X2	2 short in long X
2X2 opposite	
3X3X3	
3X3X3 middle opposite	
30 second speed	
heavy rope (2 weights)	
2 people backwards both turn	
3 people 1 turns	
2 people backwards 1 turns	

This is an exciting unit at the Lloyd Road School. Every year it gets bigger and better. It's challenging, simple and practical. No frills but plenty of thrills.

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Triplets and Quadruplets

The Triplets and Quadruplets part of our jump rope unit has created the unique combination of jump rope skills and problem solving skills in the same lesson. The students can be timed (3 minutes) or given a certain # of jumps to do. How they put together the solution is up to their group. Some solutions work better than others but most are very creative. The teacher should give the challenge and then step back and watch the work. After a period of time, the teacher should stop the activity, have some groups demonstrate their solutions and have the group evaluate their successes. Then it's time to move on to the next challenge.

LONG ROPES

1. 3 IN LONG ROPE, 1 PERSON TURNS, ALL 3 JUMP
2. 3 IN LONG ROPE, 2 OUTSIDES PEOLPE TURN, ALL 3 JUMP
3. 3 IN LONG ROPE, OUTSIDES TURN BACKWARD, ALL 3 JUMP
4. 3 IN LONG ROPE, OUTSIDES TURN FORWARD, INSIDE JUMPS BACKWARDS, ALL 3 JUMP

SHORT ROPES

1. 3X3X3
2. 3X3X3 BACKWARDS
3. 3X3X3 CENTER OPPOSITE

COMBINATION ROPES - LONG AND SHORT

1. 3 IN LONG ROPE, INSIDE PERSON JUMPS SHORT ROPE FORWARD (IF QUAD: 2 JUMP SHORT ROPE INSIDE)
2. 3 IN LONG ROPE, INSIDE PERSON JUMPS SHORT ROPE BACKWARDS (PERSON IS FACING OPPOSITE OF OUTSIDE TURNERS)
3. 3 IN LONG ROPE, OUTSIDES TURN BACKWARDS WHILE INSIDE PERSON JUMPS SHORT ROPE FORWARDS
4. 3 IN LONG ROPE, OUTSIDES TURN LONG AND SHORT ROPE FOR CENTER JUMPER, INSIDE PERSON TOUCHES NO ROPES
5. 3 IN LONG ROPE, OUTSIDES TURN LONG ROPE, EACH PERSON ALSO TURNS OWN SHORT ROPE GREAT OPTION: OUTSIDES TURN LONG ROPE BUT DO NOT JUMP IT, EACH TURNS SHORT AND JUMPS IT, INSIDE JUMPS SHORT AND LONG.
6. 3 IN LONG ROPE, OUTSIDES TURN LONG ROPE, EACH TURNS SHORT ROPES IN 3X3X3
7. 3 IN LONG ROPE, OUTSIDES TURN LONG ROPE, EACH TURNS SHORT ROPES IN 3X3X3, WITH CENTER PERSON BACKWARDS

Be creative in your challenges. These are only a limited number of challenges.

Try 6X6X6X6X6 with variations!!

Ho-Ho-Kus Jump Rope Unit Categories

SHORT ROPES

1. Regular Forward
2. Right Foot Forward
3. Left Foot Forward
4. Regular Backward
5. Left Foot Backwards
6. Right Foot Backwards
7. Crossing Forward
8. Crossing Backward
9. Crossing Forward Right Foot
10. Crossing Forward Left Foot
11. 30 Seconds Speed Jumps
12. Heavy Rope 2 lbs
13. Heavy Rope 3 lbs
14. Heavy Rope 5 lbs

SHORT ROPES PARTNERS

1. 2 in 1 Rope – 1 turns forward
2. 2 in 1 Rope – 1 turns backward
3. 2 in 1 Rope – 2 turn forward
4. 2 in 1 Rope – 2 turn backward
5. 2 in 1 Rope Both on 1 foot both turn forward
6. 2 in 1 Rope Both on 1 foot both turn backwards
7. 2 X 2 Forward
8. 2 X 2 Backward
9. 2 X 2 with 1 person backward turn forward
10. 3X3X3
11. 3X3X3 Middle Person Backwards
12. 3 in a Rope

LONG ROPES

1. Regular Jumping 1 person
2. Right foot
3. Left foot
4. 2 Jumpers
5. 3 Jumpers
6. 5 Jumpers
7. Short in Long Forward
8. Short in Long Backward
9. 2 Short in Long
10. 2 X 2 Short in Long
11. Egg Beater
12. Short in Egg Beater

Categories for grade 3 around the room jump rope activities:

- 1. regular**
- 2. right foot**
- 3. left foot**
- 4. backwards**
- 5. backwards right foot**
- 6. backwards left foot**
- 7. forward crossing**
- 8. backwards crossing**
- 9. 2 people 1 rope 1 turns**
- 10. 2 people 1 rope both turn**
- 11. 2 people 1 rope both turn backwards**
- 12. 2 people 2 ropes X forward**
- 13. 2 people 2 ropes X backwards**
- 14. 2 people 2 ropes X front/back**
- 15. 3 people 3 ropes X**
- 16. 3 people 3 ropes X front/back/front**

Long Ropes:

- 1. regular**
- 2. right foot**
- 3. left foot**
- 4. 2 people**
- 5. 3 people**

Jump Rope Evaluation Name _____

Grade _____

Short Rope (50)

Regular Jumps _____

Backwards _____

1 Foot Forward _____

1 Foot Backward _____

Total Short _____

Long Rope (50)

Regular _____

Right Foot _____

Left Foot _____

Long Total _____

Bonus (20)

Crossing _____

1 Turns for 2 _____

2 Turn short _____

2X2` _____

2 in Long Rope _____

Short in Long _____

Bonus Total _____

3 Totals _____