



# PE/Health Virtual Learning

**6th Grade**

**PE**

**Rope Jumping Workout**

**April 10th, 2020**



6th Grade/PE

Lesson: April 10th, 2020

**Objective/Learning Target:**

To Practice and complete a Jump Rope Workout.

LT-1 I can identify critical elements to improve performance in selected areas.

S3,M3.6



# Essential Question

How can I improve my coordination?



## Warm-Ups

### **Let's Get Started:**

Warm-Ups-Tabata Exercises-Repeat cycle 2 times

1. 20 seconds of frog jumps--[Frog Jumps](#)
2. 10 second break
3. 20 seconds of toe touches--[Toe Touches](#)
4. 10 second break
5. 20 seconds of plank touches shoulders-[Plank Shoulder Touches](#)
6. 10 second break
7. 20 seconds of bicycle crunches--[Bicycle Crunches](#)



## Practice Video:

As you watch the video, follow along with the instructor to understand the techniques of jumping rope.

- 1) [Jump Rope Practice](#)
  
- 2) [Jump Rope New Technique](#)



# Practice

## Round 1

**30 seconds**

**Basic Jump**

**30 seconds**

**Rest**

**30 seconds**

**Alternate Foot Jump**

**30 seconds**

**Rest**

**30 seconds**

**Right Leg Only Jump**

**30 seconds**

**Rest**

**30 seconds**

**Left Leg Only Jump**

**Try to complete 3 Rounds**



# Summary

Answer these reflection questions on a piece of paper.

How does jumping rope help with your hand eye coordination, and your endurance?

What did you struggle with as you jumped rope and what did you succeed with as you jumped rope?