

PHYSICAL EDUCATION LESSON PLAN
 Department of Exercise and Sport Sciences * Manchester College

Teacher Tyler Smith Team Teacher Brady Jones

Date 3/27/08 Time Period 1:40-2:00 Grade Levels 6-8 Number of Students 14

Standard(s): Standard 4

Achieves and maintains a health-enhancing level of physical fitness.

Objectives:

Cardiorespiratory
 The students will develop ~~leg strength~~ and endurance by demonstrating 5 different variations of long rope jumping for a continuous one minute each.

Equipment/Material Needs:

4 Long Ropes Music with CD
 1 tug-of-war rope 5 balls (hand balls)

LESSON FOCUS

Introduction/Set Induction:

Today we are going to learn how to do long rope jumping, with a few ~~var~~ variations as well. Doing these exercises will help improve muscular and leg strength, and ... These jump ropes can improve your health fitness throughout your whole life.

EXPLANATION / DEMONSTRATION

Skills Reviewed/Introduced	Learning Cues
<p>- Review</p> <p>- Single Long Rope</p> <p>- Community Jump Rope</p>	<ul style="list-style-type: none"> - Rotate the rope with the shoulder, keeping the wrist locked. - Rotate the elbow and keep the thumbs up while turning the rope. - Swing the rope toward the jumper before the run in. - Stand next to the rope turner and run in as the rope hits the ground. - Jump toward the rope turner and exit before the next jump. - all students jump the big rope

INSTRUCTIONAL SCHEDULE

Time	Instruction/Practice Activities (with Description)
1:40-1:42	<p>Introduction</p> <ul style="list-style-type: none"> - Introduce Long Jump Rope and Community Jump Rope - Introduce the Straddle, Scissors, Individual Ball Toss, Partner Ball Toss, Ball Dribble
R 1:42-1:43	<p>Review from last week's lesson</p> <ul style="list-style-type: none"> - Have students come up and demonstrate the moves that were just introduced to them.
1:43-1:48	<p>LONG ROPE ACTIVITIES</p> <ul style="list-style-type: none"> - Divide students into groups 3 or 4 and distribute a long rope to each group. Position the groups far enough apart that they have ample room to swing the rope. Two students swing the rope while the other students run in and begin jumping. Remind jumpers to use double bounce. After 1 minute, have students switch roles so that they can have an opportunity to jump. Do total of 5 minutes (5 times)
1:48-1:53	<p>LONG ROPE VARIATIONS</p> <ul style="list-style-type: none"> - Divide Keep same groups and have students try the following variation of single long rope jump. Play music during this time. <p style="text-align: center;">↓</p> <p>(straddle, scissors, individual ball toss, partner ball toss, ball dribble)</p>
1:53-1:58	<p>Community Long Rope</p> <ul style="list-style-type: none"> - Pick students and have them all ^{jump} w/ tug-of-war rope while teachers move the rope back and forth.
1:58-2:00	<p>CLOSURE</p>

- Closure:**
1. Ask students importance of jump rope.
 2. What exercises were used to help gain muscular strength?
 3. What health components are we working?

References: Zabojnik, D.B., Carnes, L.A., & Pettigrew Jr., F.E. (2003), Quality lesson plans for secondary physical education (2nd ed.), Champaign, IL: Human Kinetics

Need another source