ROPE SHAPE AND JUMP









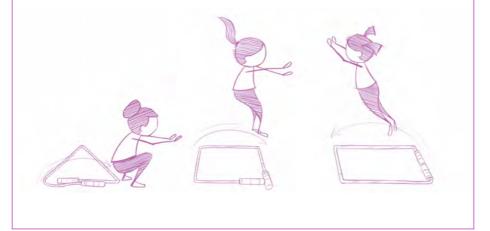
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Description of Activity

Each pupil takes a skipping rope. Invite pupils to find a space within the playing area and use their skipping ropes to make a shape such as a square, triangle or rectangle on the ground. Pupils jump from corner to corner and concentrate on good landing technique.



Variations

- Pupils can line their shapes up in sequence and jump each other's ropes.
- Encourage pupils to vary the types of jumps they do such as two to one foot, two to two feet, etc.
- Invite pupils to jump side to side over their ropes around the sides of the shapes.

Equipment

An open playing area, skipping ropes



- Pause the activity at intervals to focus on the teaching points for landing
 in the lesson. Invite a pupil to demonstrate correct technique, allow pupils
 to practise in isolation and then return to the activity. Provide feedback to
 individuals while they perform the landing action during the activity.
- Invite pupils to watch each other and engage them in discussion about good landing techniques.



 In your PE journal, draw a picture of you landing in the middle of the shape you made with the skipping rope.



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