

AAHPERD 2012
Double Dutch: Fun for PE and the Playground

Presented by Liz Way

Goals and Objectives:

Double dutch is an activity that is fun, keeps young people physically active, and promotes teamwork as well as communication. Learn how to keep students engaged with fun games and skills that use both one and two ropes. After this workshop, participants will be able to teach entering and exiting the ropes, correct turning, jump skills, turn skills, and modifications for special needs students.

Presentation Overview:

- **Turning One Rope**
- **Jumping Technique**
- **Entering and Exiting One Rope**
- **Games for Turners**
- **Games for Jumpers**
- **Triangle**
- **Turning Two Ropes**
- **Entering and Exiting Two Ropes**
- **Creative play time!**
- **Program planning**

For More Information, contact:

Liz Way – liz@jumprope.com

About Liz Way - A lifelong fitness and wellness advocate who owns Atec Marketing Limited with her husband Steve, Liz has been involved with rope skipping as a National competitor, author, program consultant and trainer. She has also developed and delivered health promotion programs at a large Canadian university. She has delivered workshops for teachers, teams, parents and students across Canada, the USA and Europe. Liz worked with the Hong Kong College of Cardiology in delivering teacher training programs at the inception of their Jump Rope for Heart Program. She was also on tour for the launch of the British Heart Foundation's Jump Rope for Heart program in 1988 as a spokesperson and performer. She has been on television, radio and print media in a variety of markets worldwide and released her first fitness book – *S³ = Skip, Strength, Stretch™* in Spring 2009, followed by a book and DVD program called *Jump Rope for Fitness and Conditioning* in Spring 2010. Most recently she has been working with the Bermuda Heart Foundation and Bermuda Ministry of Education to train teachers so that the Jump2BFit™ program can be implemented in all public schools across the island.

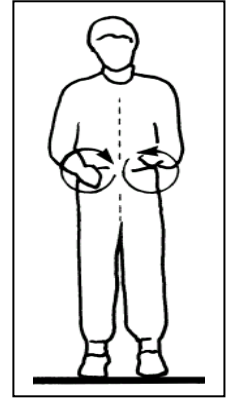
For Double Dutch and other Jump Rope Resources visit www.jumprope.com.

All products are proudly designed and manufactured in Canada and the USA.

All text and graphics copyright Atec Marketing Limited 2012. www.jumprope.com

1. *Turning with One Rope:*

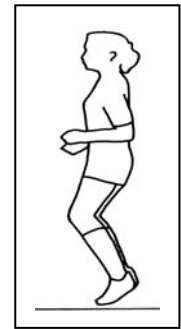
- Turning is the most important skill to develop – without excellent turners, a jumper cannot jump the ropes!
- Posture: Erect posture, head up, feet shoulder width apart, arms and elbows (90°) in near the body.
- Motion: circular originating at elbow (not wrist). Hands do not cross midline of body. Thumbs stay on top and hands are shoulder width apart.
- Start with no ropes and practice turning technique.
- Next, have pairs of turners. Using one rope, ensure both participants have rope on same side (e.g. one in left hand, the other in right hand) and are turning the ropes towards the midline of the body. Then switch hands.
- If participant is not turning in a circle (usually non-dominant side), using chalk or a marker have the participant draw their ‘turning’ against a chalk board of paper.



IMPORTANT: Always emphasize personal improvement over competition. NEVER ask a jumper to take an end when they make an error. Instead, have all participants spend equal time as jumpers and turners.

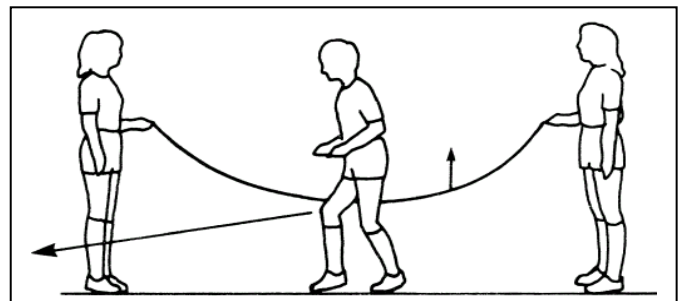
2. *Jumping Technique:*

- As with single rope, participants should follow this progression:
 - Footwork without any ropes
 - Footwork without ropes beside the turners turning
 - Jump in ropes with turners – only using ONE rope
 - Jump in ropes with turners – using TWO ropes
- Two-Foot jump – jump only 1 inch off ground on balls of feet, feet together, knees slightly bent, arms at sides (or in front at waist level).
- Jumper needs to face a turner, in the centre of the ropes
- Jumper skills progression:
 - Two-Foot skills
 - One-Foot skills
 - Speed work skills / Footwork combination skills
 - Multiple Under skills
 - Gymnastics skills
 - Strength Skills



3. *Entering and Exiting One Rope:*

- Understanding path of rope key to success!
- Enter and exit the turning rope when the rope is going away from the jumper on the opposite side.
- Jumper uses double bounce when in one rope as this will assist when the second rope is introduced.
- Jumper needs to be in the centre of the rope. Turners can assist with this.



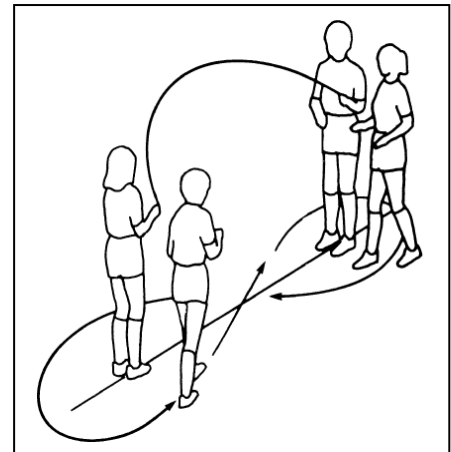
- Exit close to turner (can have participant lightly tap shoulder of turner) NOT running out centre!

4. *Games & Challenges for Turner Skills:*

- Instructor claps hands with a changing rhythm (slow to fast etc) and the turners need to maintain appropriate rhythm.
- Instructor calls out walls (or North/East/South/West) and turners keep their turning while moving
- Ask participants to find different ways for the jumper and turner to change places without stopping the rope.

5. *Games & Challenges for Jumper Skills:*

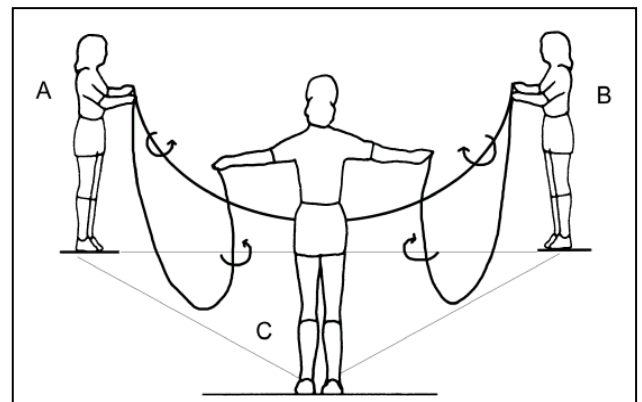
- One jumper : Ask participants:
 - To find different ways to enter and exit the rope
 - To perform a sequence of three skills in a row with no misses
 - To jump and touch the floor near turners feet
 - How many jumps in 15 seconds (speed)?
 - How many jumps in a row with no misses?
 - To jump with a single rope
 - To jump while turners move around (on cue of instructor) trying to stay centered.



- Two jumpers: Ask participants to:
 - Play copy cats – one jumper does a skill and the other tries to copy it, trade
 - Jump together in one turning rope – how many people can jump together for 10 jumps?
 - Play tag (two jumpers chase each other in figure 8 – assists to develop clean entries/exits)

6. *Triangle:*

- Three turners make a triangle with the ropes.
- Turning is simultaneously outwards
- Arms are raised with turning from shoulder.
- A turner calls '1, 2, ready, go' to start turning
- Jumper(s) enter on a second '1, 2, ready, go' cue
- Jumper(s) use double bounce



Creative Challenges in Triangle:

- Jumpers match footwork
- Jump using a single rope inside the long rope
- Play chase with three jumpers
- Using four ropes make up a similar activity in the shape of a square

7. *Turning Two Ropes:*

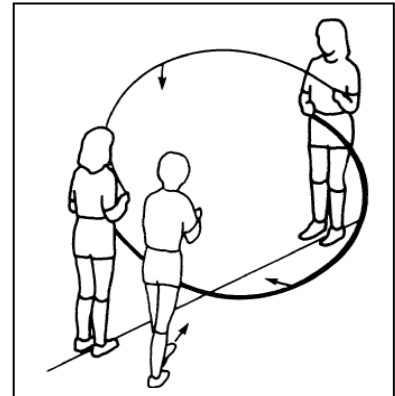
- Turning is the same as for one rope, however, it is important that turners have a steady rhythm BEFORE a jumper begins to jump in the ropes
- Try turning drills as per one rope above to assist with development.

8. *Entering and Exiting Two Ropes:*

- Understanding the pathway of the ropes is key to successful entering and exiting
- Jumper should practice jumping beside the ropes before attempting entering to ensure the jumping rhythm is mastered.

- **Entering:**

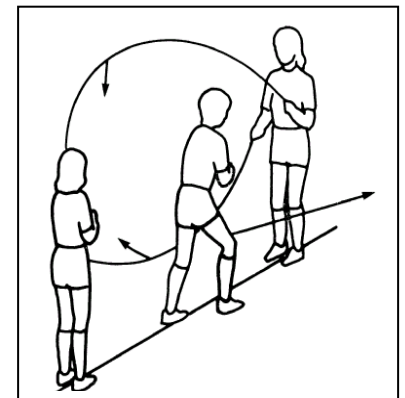
- Jumper watches the back rope move downward and toward him while standing at shoulder of turner.
- The inside (left) or lead foot is forward ready to lead into the ropes.
- Turner calls the cue '1, 2, ready, go' on each beat as the rope passes his face.
- On go (just after the back rope has passed the jumper's face), the jumper goes to jump in the centre of the ropes.
- Jumper should face a turner and focus on the rope, just below the turner's hands to assist with rhythm



Entering: bold rope is back rope.

- **Exiting:**

- Use the same technique as for exiting one rope.
- Jump the rope and run out quickly, away from the rope just jumped
- Make the final jump near the Exit turner
- The Exit turner can assist by stepping away from the exiting jumper.
- Jumper should try to exit close enough to brush the shoulder of the Exit turner.



Exiting: run out away from rope jumped.

- Have participants try the games and challenges from earlier with two ropes.