

**Have Fun and Get Fit With the
Chinese Jump Rope
Grades K -12
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Benefits of the Chinese Jump Rope:

- a. Life-long activity
- b. Increase fitness – anaerobic endurance, flexibility, muscle endurance
- c. Cooperation/teamwork
- d. Equipment is inexpensive, easy to set-up , and needs very little storage space
- e. Each student is engaged
- f. Working on locomotor skills and balance
- g. Foot –eye coordination
- h. Novelty activity
- i. Increase brain action by different learning jumping patterns.
- j. It’s fun for all ages (children – adults)
- k. Great for training for basketball and volleyball jumping skills

Learning Concepts:

Participate in activities from diverse cultural and ethnic origins
Identify and perform locomotor movements
Participate in life-long physical activity
Work cooperatively and productively within a small group, demonstrate with positive responses to challenges, successes and failures

Equipment: 16 foot Chinese jump rope works best.

To buy a spool of rope to cut and sell to students, go to Jammarmfg.com.

Safety: Personal space, do not walk around with your feet inside the rope, do not over stretch the rope, do not snap the rope at someone and do not put the rope around your neck.

General Rules:

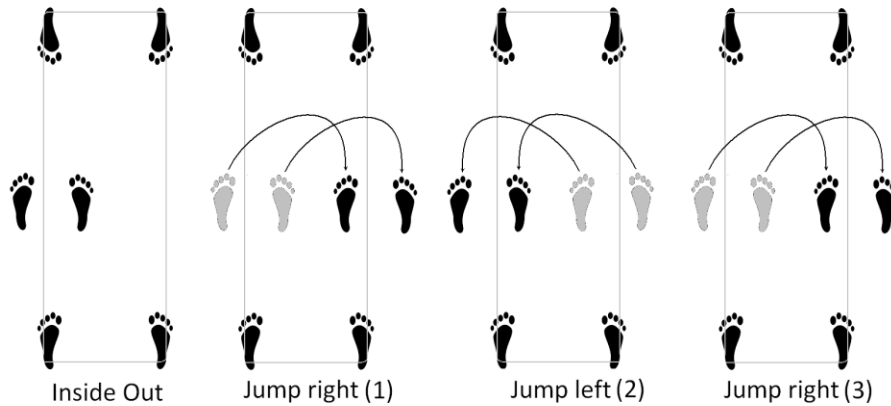
Three students in a group, two people inside the ropes with feet apart and the rope at ankle level (**basic position**). If a person completes the pattern correctly in a row without making a mistake, they go again, but this time the end people move the rope higher to mid-calf, then knee, mid-thigh, hip and then waist. If the jumper makes a mistake, the next person goes. Mistakes or misses could be stepping on the ropes, the wrong jump order, foot in the wrong place, etc. The jumper cannot touch the ropes with their hands at any time. Teacher’s option if the jumper starts from the beginning each time or starts at the level the jumper missed on.

Kindergarten: (Enders start in basic position)

The jumper stands facing the ropes and jumps forward over one rope and then the other. Turns around and do it again, next the jumper jumps sideways over one rope and then the other. Turn around and do it again. If completed correctly move the rope to the mid-calf.

Activity #1: American (Enders start in basic position)

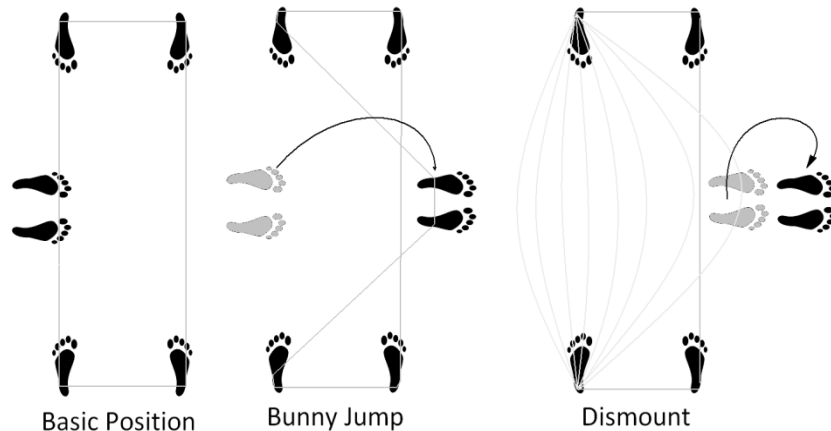
The jumper stands sideways with one foot outside and one foot inside both ropes. They begin by doing three jumps across the ropes with alternating feet with one inside both ropes (**inside/out**). Then jump up and land with both feet inside both ropes. Jump up and land feet apart/straddle over both ropes. Jump up and land feet together inside both ropes. Finally jump up and land with one foot on top of each strand of the rope. The count would be: 1-2-3-4, in-apart-in-on.



Activity #2 Shapes (Enders start at the ankles in basic position, after the jumper completed correctly a-d, raise the rope to the mid-calf and so forth).

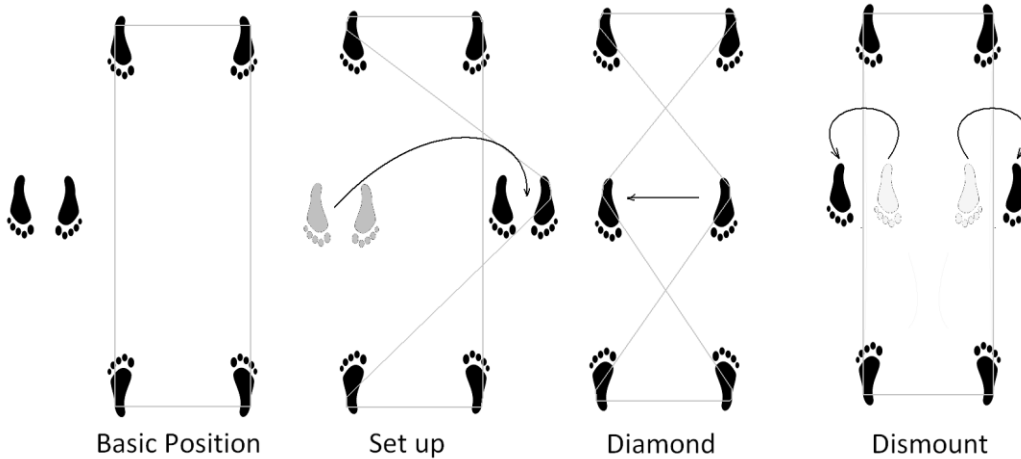
a. **Bunny Jump (triangle)**

Start by standing with your toes just under the near rope facing both ropes, then jump up, pick up the near rope on your toes, and land on the other side of the far rope. You should have a rope on your ankles. Finally, end the Bunny jump by jumping up and letting the rope drop off your ankles.



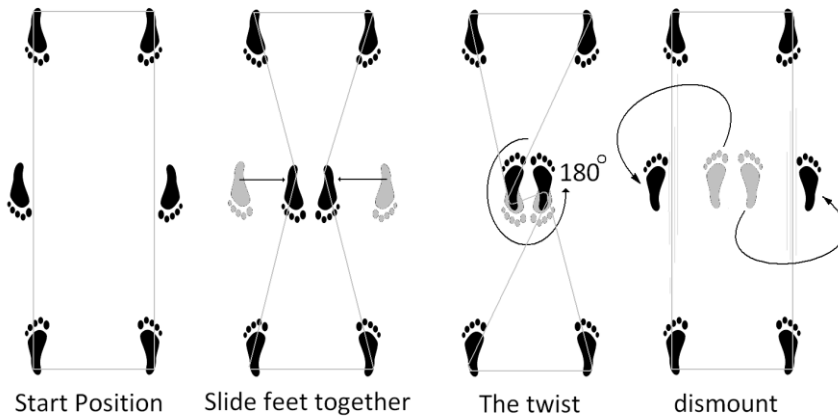
b. Diamond Jump

Start by standing sideways outside both ropes. Jump sideways across both ropes, taking one rope with you by your ankles. Spread your feet to make a diamond out of both ropes. Jump up and let the ropes slip off your ankles. Land so your feet straddle the ropes.



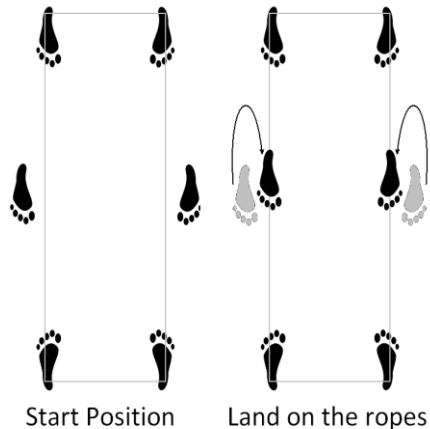
c. Twisty Jump(circle)

With your feet straddled over both ropes, scoot your feet together and turn around to face the other direction. The ropes will wrap around your ankles. Then jump up and out of the ropes, landing so your feet straddle both ropes.



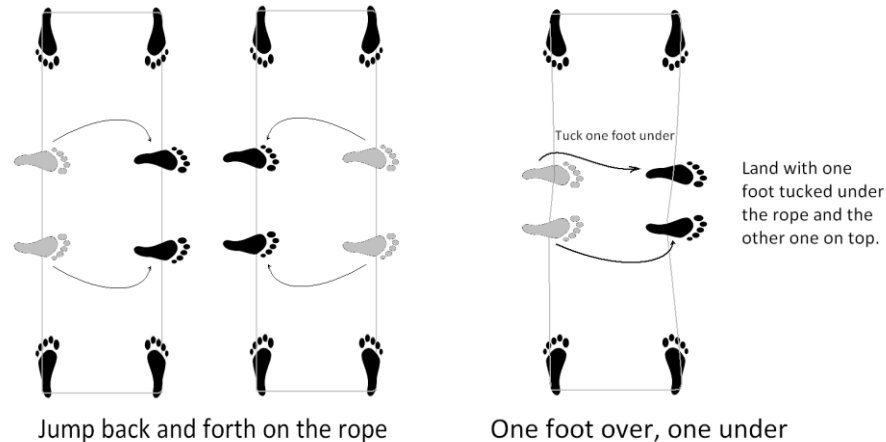
d. Double Trap Jump(rectangle)

With your feet straddled over ropes, jump up and land with one foot on top of one of each of the ropes.



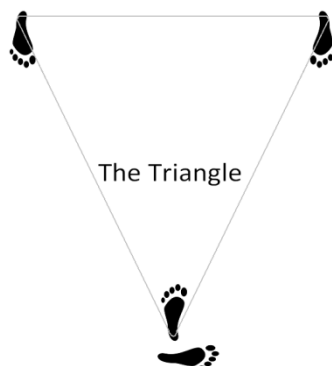
Activity #3 German (Enders start in basic position)

- Jumper starts with one foot in and one foot out. Do four inside/outs. [activity #1]
- Jumper faces ropes and jumps five times forwards and backwards landing with two feet on one rope.
- Jumper faces ropes and starts with one foot over and one foot under the same rope. Jump four times always keeping one foot over and one foot under.
- If the jumper completes correctly a-c, the Enders raise rope to mid-calf and the jumper starts again from a.



Activity #4 Triangle (One ender stands in basic position and the other has only one foot holding the rope. The rope should look like a triangle).

- The jumper stands sideways to the ropes and does the pattern: In, apart/straddle, on, in and out on the opposite side.
- The jumper does the diamond pattern by jumping sideways across both ropes and taking one rope with them by their ankles. Spread feet forming a diamond shape.
- Do 5 circle jumps while in the diamond. Jump up and out to the side with both feet together.
- Move the rope up if completed correctly.

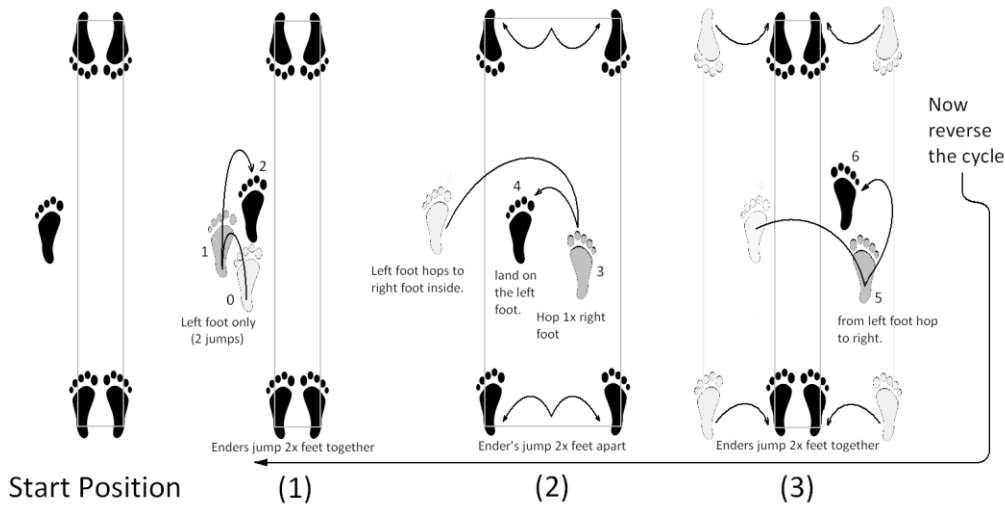


Activity #5 Tinikling/Jump Bands

Enders start in basic position with feet together. Jumper stands sideways to ropes. Enders will jump in a pattern of 2xs feet together and 2xs feet apart.

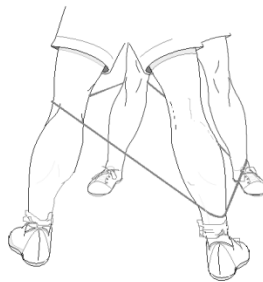
- Singles – Jumper hops 2xs left foot outside of ropes, 1xs right foot and 1xs left inside, 2xs right foot outside, 1xs left and 1xs right inside and then start again with 2xs left outside.
- Doubles – Jumper jumps with both feet together 2xs outside, 2xs inside, 2xs straddle outside and 2xs inside and start again.
- Hops – Jumpers hops 2xs left outside, 2xs right inside, 2xs left outside, 2xs right inside and start again.

Note: Jumper only has to do 1 of the 3 patterns correctly before enders raise the rope to mid-calf.



Activity #6 Slanted Basic (Enders start with basic position but with one rope behind the ankle and the other behind the mid-calf).

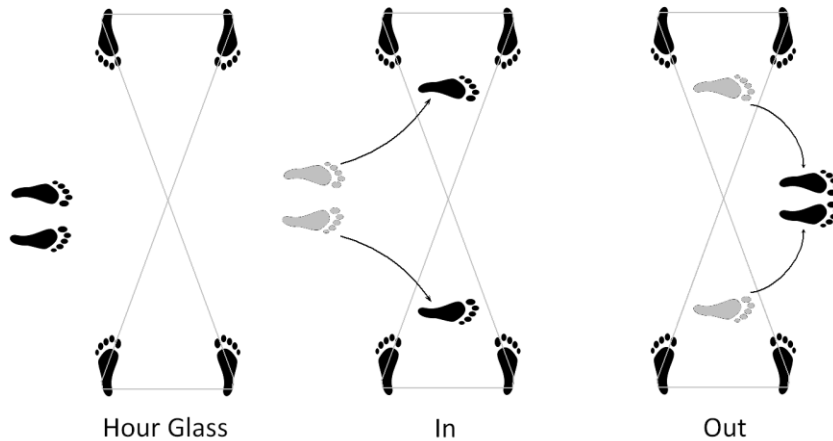
- Jumper stands sideways to the low side and does: In, on, inside/out (2xs), in, on, spread legs apart and jump out on the high side.
- Jumper repeats pattern starting on the high side: In, on, inside/out (2xs), in, on, spread legs apart and jump out the low side.
- If jumper completed correctly a & b, the enders raise it to one side mid-calf and other rope to the knee.



Slanted Basic

Activity #7 Hour Glass (One ender stands in basic position, other ender crosses the rope once and then stands in the rope like the basic position. The rope should look like an hour glass with a “X” in the middle).

- Jumper faces the ropes, jumps into the hour glass with one foot in each triangle. Then the jumper jumps out.
- The jumper turns around and does the same thing again.
- The jumper does this four times before the Enders raise the rope to mid-calf.



Activity #8 Eye of the Needle (The enders have the rope around only one foot, pointing their foot to each other, this is position is called skinnies).

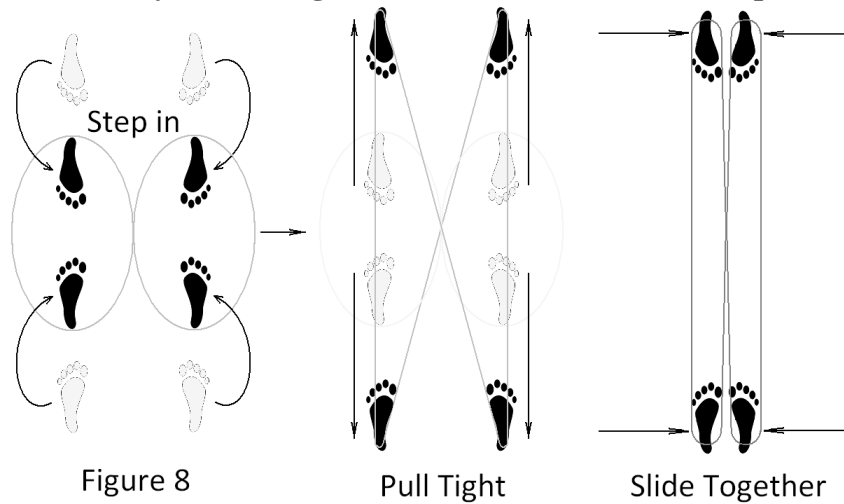
The jumper stands sideways with the right foot inside pointing to one ender.

- Lift your left foot and step all the way over to the other side of the rope, turning as you go so you face the other ender. Do this three more times fast. You should end up facing the ender you started out facing.
- Step into the center with your left foot, so that both feet are inside the ropes. Jump out with both feet and land so you straddle the ropes.
- Jump up, turn sideways and land on both ropes with both feet.
- Now jump up, turn and land facing the one of the enders with your feet straddling the ropes.
- Do the Twisty Jump (see activity #2 c). Do the Twisty Jump again.
- Do the Diamond Jump (see activity #2 b). Do the Diamond Jump again.
- Do the Bunny Jump (see activity #2 a). Turn around and do another Bunny Jump.



Skinnies

Activity#9 Three Ropes (Enders lay the rope on the ground in the shape of an “8” and step into it. The “8” should be facing the jumper. Then pull the rope up to the knees and stand with your feet together, so that there are three ropes.)



- Back-kick Hop-** Jumper starts sideways with right leg closest to the rope and then does a back-kick hop (bend knee as you kick back) with right foot over the first rope. Then switch feet by back-kick with left foot. Hop over the middle rope with right then left and hop over far rope with right and then follow with your left foot. Jumper is always on one foot.
- Inside/out** – go back to your starting side and step your right foot over the near rope – right in and left out. Jump up and land so your feet straddle the middle ropes – one foot on each side. Now jump up and land so your feet straddle the far rope. Jump out to the far side with both feet outside.
- Ons** – go back to your starting side, facing the ropes and jump up and land with both feet on the first rope. Jump off of this rope and land on the two middle ropes with both feet. Now jump off the middle ropes and land on the far rope with both feet. Jump off this rope.
- Underjumps (Bunny Jump)** – go back to your starting side and jump up, hooking the near rope with your feet and land with both feet on the middle ropes. Keeping that first rope hooked on your feet, and jump onto the far rope. If you land on any other rope, it's a miss! Now jump all the way out to the far side, letting the ropes slip off your feet as you do. If the ropes don't slip off, or if you don't land in the right place, it's a miss!
- When you have finished this level without missing, have the enders move the ropes down to their ankles and start over again. This is harder because the ropes will be even closer together.**

Activity #10 Partner Jumps

Do activity #1 with a partner.

Activity #11 Have students create their own pattern or routine.