Jumping 3.4: Relay Race 2
8 - 12 year olds

Introduction (1 - 2 minutes)
Call the children into a circle or into designated lines and greet them.

Explain any special safety rules and remind the children to stop, look, and listen whenever you signal.

Explain in 20-30 seconds what you will be doing today.

*Can you think of a sport or game where you would need to know how to jump rope or jump over objects?*
Warm-up: Cats and dogs (5 - 6 minutes)
- Leader divides children into two equal teams.
- Teams stand facing each other on either side of a dividing line in the middle of the activity space.
- Each team has a safety zone at the end of their half of the activity space.
- One team is the “cats” and the other team is the “dogs”.
- When I shout “cats”, the “cats” must turn and run towards their safety zone.
- The dogs chase the cats and try to tag them before they reach their safety zone.
- If a cat is tagged, they become a dog, and vice versa.
- Line up at centre again and repeat.
- Alternate rounds where cats chase dogs.
- Game ends when all players are on the same team.

Demonstration: Jumping rope (3 - 4 minutes)
- Today we will practice how to jump rope, and safety is important.
- Remember your “space bubble”—keep some space around you.
- If you are walking around, do not walk too close to someone who is jumping rope.
- Leader demonstrates the correct rope length:
  - Standing on rope, hold arms straight out with hands at waist level.
  - Adjust the rope and hand grip to this level.
  - If rope is too long, tie knots where hands should grip.
- Leader demonstrates how to hold/grip rope:
  - Palms facing up with thumbs pointing out.
  - Fingers gently wrapped around rope, and arms bent at elbows.
- Leader demonstrates the basic “two foot jump”:
  - Stand with feet together.
  - Jump over rope and land on two feet.
  - Bend knees when you jump the rope.
• Leader demonstrates the basic “one foot jump”:
  » Stand on one foot.
  » Turn rope forward.
  » Land on the same foot.

**Practice: Who can...? (8 - 10 minutes)**
• Children spread out around activity space.
• Each child has a jump rope and faces the leader.
• Leader explains that he/she will call out a “Who can...?” question and will demonstrate a jump rope activity.
• Children must imitate the leader.
• Before we start, make sure you have space around you.
• Suggested jump rope activities:
  » Two-foot jump – jump rope with feet together, and bend and tuck knees while jumping.
  » One-foot jump – balance on one foot, and hop and land on the same foot several times in a row (try with left and right foot).
  » Alternate feet – stand on right foot, hop and land on left, then hop and land on right, etc.
  » The Boxer – stand on one foot and hop twice, then change to other foot and hop twice, etc.
  » The Skier – jump rope with feet together, and turn sideways with each jump (right, left, right, left, etc.).
  » Locomotive – move slowly forward as you jump rope.
  » For a fresh challenge, turn the rope backwards and try above activities.
• Leader can ask children for ideas.

**TIPS FOR INSTRUCTION**
• Remind children how to find correct rope length.
• Children should jump rope at their own pace.
• Praise children for their efforts.
• Allow time to rest if needed.

**CUES**
• Correct rope length
• Palms up, thumbs out
• Arms bent at elbows
• Look forward
• Soft landing
**Game: Relay Race (8 - 10 minutes)**

- Leader divides group into teams of 3 - 4 children.
- Teams line up at a start line at one end of activity space.
- Everyone has a jump rope.
- Leader designates a “finish line” about 8-12 metres from the start line.
- Distance will depend on age and ability level of children.
- When the leader says “Go!” the first child in line jumps rope all the way to the finish line.
- The next child in line starts when their teammate has crossed the finish line.
- The first team to finish the relay is the winner.

**Wrap-up (2 minutes)**

Call the children back into a circle and review what they learned today.

*Which jump rope activity did you like the best? Which did you find most challenging?*