



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?

TIME: 30 minutes

SKILL: Locomotion

EQUIPMENT: jump ropes

ORGANIZATION/PROGRAM:

ACTIVITY LEADER:

GROUP NAME:

DATE:

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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?