Skills: Physical Activity, Math

Objective: Students will learn to: 1) use a jump rope as a means of exercise; 2) calculate their heart rates before and after jumping rope; 3) recall the history of the jump rope; 4) participate in games using the jump rope.

Background

Known as jump rope, skip rope, rope jumping, and skipping, this activity dates back to ancient civilizations. The Egyptians jumped over vines, Australian aborigines jumped over bamboo, and paintings from the medieval period show images of children jumping hoops. Many people associate jump roping with girls' play, but jump roping was originally a man's game.

Early Dutch settlers were some of the first jump ropers in North America. Not surprisingly, one of the more popular jumping games is called “Double Dutch.” In this game, two people hold two ropes and spin them in opposite directions. Jumpers then jump into and over both ropes.

In the early 1940s and 1950s, children in inner cities used jumping rope as a form of play. It only required a rope, and anyone could play. From the late 1950s until the 1970s, however, jump rope history took a back seat to radio and television.

The main benefit of jumping rope is the enormous number of calories burned (some estimates say up 1000 calories per hour), weight loss, agility, balance, endurance and cardiovascular health. And because it's so much fun you'll stay motivated.

Math

1. Student will work in groups and learn how to take one another’s heart rates.
   —Provide students with the work sheet included with this lesson.
   —Students will fill in the information as they take heart rates.
   —Teach students the appropriate method for taking a pulse. Explain what a pulse is and where students should take a pulse.
   —Students will take the pulses of their partners for one minute and then record the rate on their student worksheets.
   —Check each group’s pulse numbers before continuing to make sure students have truly found the pulses of their partners.

2. Students will take heart rates before jumping rope and record the rates on the student worksheets.
   —Students will each jump rope for one minute.
Vocabulary

- **cardiovascular endurance**—a measure of the heart’s ability to pump oxygen-rich blood to the working muscles during exercise, and the muscle’s ability to take up and use the delivered oxygen to produce the energy needed to continue exercising.

- **healthy lifestyle**—health-related behaviors over which the individual has personal decision-making control, including proper diet, adequate exercise, and appropriate rest which promotes both physical and emotional well-being.

- **target heart rate**—the heart rate range which corresponds to an exercise intensity sufficient to improve health-related physical fitness.

Counting Rhymes

Cinderella dressed in red
Went downstairs to bake some bread.  
How many loaves did she bake?

Cinderella dressed in yella
Went downstairs to kiss a fella
Made a mistak and kissed a snake
How many doctors did it take?

—Students will take heart rates after jumping rope for oneminute and record on student worksheets.
—Students will rest for two minutes.
—Students will take heart rates and record them on student worksheets.
—Students will jump rope for two minutes.
—Students will take heart rates and record them on student worksheets.

3. Students will take turns tallying each group’s data on the board.
—Students will tally pre-heart beat rates according to the number of beats and then record the post-heart beat rates. Take care to separate the one-minute jump rates from the two-minute jump rates.

4. Students will use the data to create bar graphs. Graphs should show pre-heart beat rates and post-heart beat rates.
—Each group will be assigned a different set of data so that each group is only making one bar graph.
—Groups will share their graphs with the class.

5. Students will use their groups’ graphs to answer questions based on the data collected. Sample questions are:
—How many students had a heart rate above 90 before jumping rope?
—How many students had a heart rate below 90 before jumping rope?
—Did you see a difference in heart rates before jumping rope and after jumping rope? If yes, why do you think this happened?

Physical Education

1. Use this as a warm-up activity.
—Students line up to take turns jumping.
—Lead the students in saying the following chant: Bluebells, cockleshells, eevy ivy OVER
—Sway the rope back and forth near the ground.
—On the word “over,” swing the rope up and over.
—Then begin again with the next jumper.

2. Jump Rope Relay
—This game is for six or more players and should be played outside.
—Form two even teams, with one jump rope per team.
—On "go," players jump rope while running to the end of the playing field and back.
—When a teammate returns to the starting line, the next player in line goes.
—First team to finish wins.

Resource

http://www.urbanext.uiuc.edu/hopping/ (great resource for different types of jump rope tricks any child can do while jumping)
# Jump Rope Activity

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