

# Coffin school Kindergarten PE, home fun resources for the week of 3/30/2020

We have worked hard on moving in so many ways in the gym this year. Let's spend some time practicing our jumping skills. Make a straight line on the floor in any way you can, a rope, chalk, a pool noodle, board, stick, tape, anything will work. Practice these jumps over the straight line! Before you know it you will be jumping rope!

If you want some more fun things to do this week you can check my website at the Coffin School site. Remember keep up the healthy choices, have fun and get outside! I miss you all. Mrs. Peck-Moad

Jump Rope Skill Sheets			
SKILL	INSTRUCTIONS	TIPS	CUES
<b>1. Long Jump</b> 	<ul style="list-style-type: none"> <li>✓ Stand at end of rope</li> <li>✓ Jump as far a possible down the rope- measure</li> <li>✓ Repeat and try to go father- 5 jumps</li> </ul>	<ul style="list-style-type: none"> <li>• Squat low</li> <li>• Explode up and forward</li> <li>• Mark jump on rope where heels landed</li> </ul>	<b>STAND SQUAT JUMP</b>
<b>2. 2 Foot Jump</b> 	<ul style="list-style-type: none"> <li>✓ Stand at end of rope</li> <li>✓ Jump side-to-side (2 feet) down the rope</li> <li>✓ Repeat 10 times</li> </ul>	<ul style="list-style-type: none"> <li>• Stay on balls of feet</li> <li>• Try not to touch rope</li> <li>• Skier motion</li> </ul>	<b>JUMP JUMP JUMP</b>
<b>3. 1 Foot Hop</b> 	<ul style="list-style-type: none"> <li>✓ Stand at end of rope</li> <li>✓ Hop side-to-side (1 foot) down the rope</li> <li>✓ Repeat 10 times</li> </ul>	<ul style="list-style-type: none"> <li>• Stay on balls of feet</li> <li>• Try not to touch rope</li> <li>• Keep balanced</li> </ul>	<b>HOP HOP HOP</b>
<b>4. Criss-Cross</b> 	<ul style="list-style-type: none"> <li>✓ Stand at end of rope</li> <li>✓ Jump and cross then uncross legs down the rope</li> <li>✓ Repeat 10 times</li> </ul>	<ul style="list-style-type: none"> <li>• Stay on balls of feet</li> <li>• Try not to touch rope</li> <li>• Cross-uncross, cross-uncross</li> </ul>	<b>JUMP CROSS JUMP CROSS</b>
<b>5. ½ Turn Over</b> 	<ul style="list-style-type: none"> <li>✓ Stand at end of rope</li> <li>✓ Jump and turn half way around (each jump) down the rope</li> <li>✓ Repeat 10 times</li> </ul>	<ul style="list-style-type: none"> <li>• Stay on balls of feet</li> <li>• Try not to touch rope</li> <li>• Do not go too fast</li> </ul>	<b>JUMP TURN JUMP TURN</b>
<b>Level 1- Rope on Ground</b>			