

COFFIN SCHOOL FIRST AND MULTI PE, HOME FUN RESOURCES FOR THE WEEK OF 3/30/2020

We have worked hard on different types of movement in the gym this year. I'd like to have you continue to work on your jumping skills. I have attached two worksheets here for jump rope, Level 1 and Level 3 . If you are just starting jump rope start at Level 1. If you already can jump rope, and have one at home, warm up with Level 1 then move on to Level 3. If you don't have a rope, don't worry. You can make a line on the floor with tape, string, yarn, pool noodle, chalk, anything you can find!

If you don't have a jump rope, look around the

house for something that you can turn, a stray piece of rope from the garage, a pool noodle works great. Twist several plastic bags and tie them together into a rope! Use your imagination.

I miss all of you so much and I hope that you are getting a chance to go outside and have some fun. If you have access to the internet check out my website by going to the Coffin School site. Lots of fun stuff do do and videos from me! Mrs. Peck-Moad

5

or more **FRUITS & VEGETABLES**

2

hours or less of **RECREATIONAL SCREEN TIME**






1

hour or more of **PHYSICAL ACTIVITY**

0

sugary drinks, **MORE WATER**






Jump Rope Skill Sheets

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

Level 1- Rope on Ground

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Jump Rope Skill Sheets

SKILL	INSTRUCTIONS	TIPS	CUES
1. 2 Foot Jump 	<ul style="list-style-type: none"> ✓ Jump on both feet ✓ Land on the balls of your feet ✓ Jump once for every revolution of the rope 	<ul style="list-style-type: none"> • Turn rope from heels to toes • Feet together • Keep elbows in 	JUMP JUMP JUMP
2. Skier Jump 	<ul style="list-style-type: none"> ✓ Jump to the left ✓ Jump to the right ✓ Jump once for each revolution of the rope 	<ul style="list-style-type: none"> • Turn rope from heels to toes • Move feet side to side • Feet together 	LEFT RIGHT LEFT RIGHT
3. Bell Jump 	<ul style="list-style-type: none"> ✓ Jump forward ✓ Jump back ✓ Jump once for each revolution of the rope 	<ul style="list-style-type: none"> • Turn rope from heels to toes • Move feet front to back • Feet together 	FRONT BACK FRONT
4. Jogging Step 	<ul style="list-style-type: none"> ✓ Step over left foot ✓ Step over right foot ✓ Continue alternating feet- jogging motion 	<ul style="list-style-type: none"> • Turn rope from heels to toes • Alternate feet • Jogging steps 	LEFT RIGHT LEFT
5. 1 Foot Hop 	<ul style="list-style-type: none"> ✓ Hop on 1 foot continuously ✓ Land on the same foot that hops over the rope 	<ul style="list-style-type: none"> • Turn rope from heels to toes • Stay balanced • Head up 	HOP HOP HOP

Level 3- Basic Jumps- Forward

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