

Game/Activity: Jump Rope Ninja Program

Grade Level: Elementary

Description:

Megan has accessed some excellent web resources to create her jump rope ninja program. If you would like more info on the program she is using you can contact her directly. We have included PDF docs for each grade.

You can contact Megan for more info at: megan_cavanagh@sd33.bc.ca

Contributor: Megan Cavanagh - Sardis Elementary

Striking/Racquets Unit

Kindergarten (stations)

Day 1

<p>1) <u>Keep it up</u></p> <ul style="list-style-type: none">• On the start signal, practice striking the balloon straight up with your palm• How many strikes can you make without dropping the balloon?• Scatter spots throughout the activity area.• Each student with a foam ball or balloon at a spot.	<p>2) <u>Partner Passing</u></p> <ul style="list-style-type: none">• In partners, pass the balloon back and fourth• Hit the balloon with an open hand
<p>3) <u>Scarves</u></p> <ul style="list-style-type: none">• How many times can you throw it up and catch it	<p>4) <u>Scoters</u></p> <ul style="list-style-type: none">• Wheel around the course

Day 2

<p>1) <u>Racquets</u></p> <ul style="list-style-type: none">• Set a soft yellow ball on a cone and practice hitting it off of the cone against the wall	<p>2) <u>Hula Hoop</u></p> <ul style="list-style-type: none">• Try hula hooping
<p>3) <u>4 square</u></p> <ul style="list-style-type: none">• Hit the ball to another player and try to keep it moving the entire time	<p>4) <u>Poly spot jumping</u></p> <ul style="list-style-type: none">• Place the poly spots around the area and the students have to jump or hop to each one without touching the floor

Day 3

<p>1) <u>Keep it up course</u></p>	<p>2) <u>Bean Bag throwing</u></p>
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While hitting the balloon up in the air with their hand, they need to walk through the course.	<ul style="list-style-type: none"> Place the hula hoops on the stand Students need to throw the bean bags through the hoop
3) Racquets <ul style="list-style-type: none"> Use the wall to hit the ball against with a racquet 	4) Scoops <ul style="list-style-type: none"> Pass with a partner

Grades 1 & 2

Day 1

<u>Keep it up with balloon</u>	<ul style="list-style-type: none"> On the start signal, practice striking the balloon straight up with your palm How many strikes can you make without dropping the balloon? Scatter spots throughout the activity area.
<u>Relay with Balloon</u>	<ul style="list-style-type: none"> In groups of 3 Person with balloon can't move The team needs to get to the other end of the gym and then back
<u>Circle team hitting</u>	<ul style="list-style-type: none"> Each of the 4 teams form a circle They need to strike the balloon up and count how many times the team can consecutively hit the balloon

Day 2

<u>Air Ball</u>	<ul style="list-style-type: none"> Pair students and send them into open space with 1 ball per pair. The object of the game is to work with your partner to keep the balloon in the air as long as you can. The students can hit it up to themselves once before returning the ball to their partner
<u>Octagon Ball</u>	<ul style="list-style-type: none"> Students stand between two cones. There are 5-6 openings per playing area The students don't want the ball to exit through their cones Students can hit the ball with their hands only and it has to stay on the ground Objective is to hit it through any other players cones
<u>Wall hitting</u>	<ul style="list-style-type: none"> Use the foam tennis balls In partners use the wall to hit the ball against. Let the ball bounce once before returning it Count how many constitutive hits you and your partner make
<u>Bull's Eye</u>	<ul style="list-style-type: none"> Scatter hoops throughout the activity area.



	<ul style="list-style-type: none"> • Pair students, each pair with 1 foam ball, standing in front of a hoop. • You're going to try to underhand serve your ball so that it lands in your hoop.
	<ul style="list-style-type: none"> • On the start signal, take turns serving the ball so that it lands in your hoop. • Attempt 3 serves and then switch roles with your partner

Day 3

<p><u>Hello Paddle</u></p>	<ul style="list-style-type: none"> • Place paddles throughout the activity area. • 1 bean bag on top of each paddle. • Each student standing/sitting next to a paddle. • We are going to practice handling the paddle by balancing the bean bag on top of it. • When I say "GO," begin walking around the activity area while you balance the bean bag on the paddle. Be careful that you don't bump into anyone else so that everyone stays safe. • Repeat the activity using additional locomotor movements (e.g., skipping, galloping).
<p><u>Paddle it Up</u></p>	<ul style="list-style-type: none"> • Scatter spots throughout the activity area. • Each student with a paddle and a balloon or ball at a spot. • Let's play Paddle It Up using a paddle to keep the balloon in the air! • On the start signal, practice striking the balloon or ball straight up with the paddle. • How many strikes can you make without letting the balloon hit the ground?
<p><u>Net Ball</u></p>	<ul style="list-style-type: none"> • Create 1 grid per 2 students using half cones. • Divide grids in half using jump ropes. • Pair students and send each pair into a grid with 1 balloon. • Set Player 1 on one side of the rope and Player 2 on the other side. • You'll work with a partner to send the balloon over the net (jump rope) so that your partner can catch (or strike) the balloon. • It will be important to toss (or serve) the balloon accurately to your partner.

Grades 3-5

Day 1

<p><u>Lobster Ball</u></p>	<ul style="list-style-type: none"> • Each student has their own area, marked by four cones, that faces their opponent's area • The space between the two areas is a dead zone • Using underhand throwing (lob) only, players start the game by having one player lob the ball into the other player's area • Players may let the ball bounce once before catching the ball before lobbing it back (players have 1 second to lob the ball back and may not move with the ball in their hand). • If a player lobs the ball outside of their opponent's area, then the point and serve goes to the opponent • If a ball bounces twice before being caught, with the first bounce being within the opponent's area, the player who lobbed the ball wins a point and gets to serve
<p><u>4 Square</u></p>	<ul style="list-style-type: none"> • Set up 4 squares for each student to stand in. • There is NO rotation like traditional 4 Square (King, Queen, Prince, etc.), instead, the students work as a GROUP to see how long they can rally for. • * can use hands or racquets
<p><u>Traditional Four Square</u></p>	<ul style="list-style-type: none"> • 4 players are assigned to a square • each player needs to guard their side of the square and make sure that the ball doesn't exit the square on their side • the players are striking the ball with their hand or racquets can be used • the ball can bounce as many times while in play
<p><u>Meteor Ball</u></p>	<ul style="list-style-type: none"> • Class is divided into 4 teams and the gym is divided into 4 playing areas • The teacher throws a giant ball into the game • Teams must work together to make sure that the ball does not touch the floor in their area. To do this, they may push the ball upwards (above the teacher's height) into another team's area.



- If the ball lands in a team's area, a point is awarded to the three other teams.

Day 2

<p><u>Hello Paddle</u></p>	<ul style="list-style-type: none"> • Place paddles throughout the activity area. • 1 bean bag on top of each paddle. • Each student standing/sitting next to a paddle. • We are going to practice handling the paddle by balancing the bean bag on top of it. • When I say "GO," begin walking around the activity area while you balance the bean bag on the paddle. Be careful that you don't bump into anyone else so that everyone stays safe. • Repeat the activity using additional locomotor movements (e.g., skipping, galloping). • Students see how many peers they can low-five without dropping the bean bag off the paddle. • Students attempt to switch bean bags with as many classmates as they can by tossing and catching while remaining in control.
<p><u>Pancake Flipper</u></p>	<ul style="list-style-type: none"> • Place the bean bag on your paddle. When I say "GO," flip the pancake (bean bag) in the air and try to get it to safely land back in its pan (on the paddle) as many times as you can. • Next, students flip the pancake into the air, catch the pancake with their free hand, toss the pancake back into the air, and then catch the pancake with the pan (paddle) as many times as they can. • If students excel in the activities above, play Pancake PIG: students add a twist to the basic tossing and catching by attempting to also perform tricks (e.g., toss and catch behind their back, toss under their leg and catch the bean bag, toss the bean bag and catch on a body part). With students in a group, one student will perform the trick with their pancake and the other students in the group will mimic that trick. If any students in the group cannot do the trick, then they get a letter from the word "PIG" (similar to HORSE in basketball).
<p><u>Spikeball</u></p>	<ul style="list-style-type: none"> • In groups of 4 (teams of 2 students) • One hula hoop per game and one ball. Spikeball is at the end for the championship game • Teams play and the winning team moves forward one and the losing team stays at that hoop



	<ul style="list-style-type: none"> • Students have to hit the ball with an open hand and it has to bounce inside the hoop once and then the opposing team needs to return the ball by striking it with their hand and having it bounce once in the hoop. If it drops outside the hoop then the point goes to the other team
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Day 3

<u>Octagon Ball</u>	<ul style="list-style-type: none"> • Students stand between two cones. There are 5-6 openings in each area • The students don't want the ball to exit through their cones • Students can hit the ball with their hands only • Objective is to hit it through any other players cones
<u>Birdie in the Cage</u>	<ul style="list-style-type: none"> • The object of the activity is to practice our underhand serves and to become more accurate when we serve the birdie. • The first partner will stand on the poly spot and serve the birdie with a swing low to high, trying to strike it into the hoop or the poly spot inside of the hoop. The other partner retrieves the birdies. • After a set period of time, switch roles.
<u>Net Ball</u> <u>1 v1 or 2 v 2</u>	<ul style="list-style-type: none"> • Create 1 grid per 2 students using half cones. • Divide grids in half using jump ropes. • Pair students and send each pair into a grid with 1 ball. • Set Player 1 on one side of the rope and Player 2 on the other side. • This game is called Net Ball. You'll work with a partner to send the ball over the net (jump rope) so that your partner can catch/strike the ball. • It will be important to toss (or serve) the ball accurately to your partner.