

Section 6

Movement &
Locomotor
Concepts

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Name/Title: Spaghetti-O Cans

Purpose of Event: The purpose of this activity is to teach about personal space and the safety reasons for it.

Suggested Grade Level: K-1

Materials Needed: Clear floor space.

Description of Idea

Begin by having the students pretend that they have a **giant Spaghetti-O's** can in front of them. Pretend to use a can opener to take the top off. Of course, one can't climb into one's can if it is full of Spaghetti-O's, so we must gobble up our Spaghetti-O's (remembering good manners!). Then we carefully climb into our giant spaghetti-o cans and stick our arms straight out to feel the sides of the can (as far as we can reach). Discuss how important it is to not bump your can into anyone else's can; relate dented cans to injuries. Then have students practice locomotor movements and pathways staying inside their Spaghetti-O cans. Remind students that to keep their can undented, they must not get too close to other people's cans.

Throughout the year, if students forget about their self space, just mention their Spaghetti-O cans and the students will know what you're talking about.

Assessment Ideas:

Lack of crashes is a sure sign that they have caught on!

Teaching Suggestions:

Follow up with the lesson idea "My Backyard".

Submitted by Krista Winn who teaches at Monroe Elementary School in Port Angeles, WA. Thanks for contributing to PE Central! **Posted on PEC: 9/20/2001**. Printed 4763 times since 8/24/2001.

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This lesson idea is from PE Central (pecentral.org), the premier Web site for Physical Education Teachers. *Sponsored by S&S Worldwide (ssww.com)*

Name/Title: My Backyard

Purpose of Event: The purpose of this activity is for students to learn how to move in a confined space safely.

Prerequisites: Spaghetti-O's Can Activity (Personal Space activity).

Suggested Grade Level: K-1

Materials Needed: Four cones; large open space; music and player.

Description of Idea

Place the four cones on the floor to mark a very large rectangular area (almost as large as the activity area). This rectangular area is "**my [your] backyard.**" It is important to demonstrate examples of standing **IN** my backyard and **OUT** of my backyard. Have all students stand **IN** my backyard, remembering about their "Spaghetti-O can space".

When the music starts they are to walk (or other locomotor movement decided upon) staying inside my backyard. Students should pay attention not to dent their spaghetti-o cans (see previous activity). Students **freeze** when the music stops. Then move two of the cones closer to the other end, changing the rectangle into a square. Tell them that you have decided to build a deck and that has made the yard smaller. Start the music and have students perform locomotor movement staying **IN** my backyard. Continue this making the yard smaller and smaller (You forgot to water the lawn so the grass died, you put in a pool.....). As the yard gets smaller and smaller discuss whether one should move faster or slower and why. It's even fun to have students walk backwards!

Assessment Ideas:

It should be obvious by the speed with which the students are moving. It may be necessary to stop the music and talk about safety if students are not slowing down.

Teaching Suggestions:

Help students understand the "pretend" lines which connect the cones and form the boundary of the general space. Stationing extra cones between the corner cones can help; have students use their finger to "connect the cones".

Submitted by Krista Winn who teaches at Monroe Elementary School in Port Angeles, WA. Thanks for

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jump rope skills guide



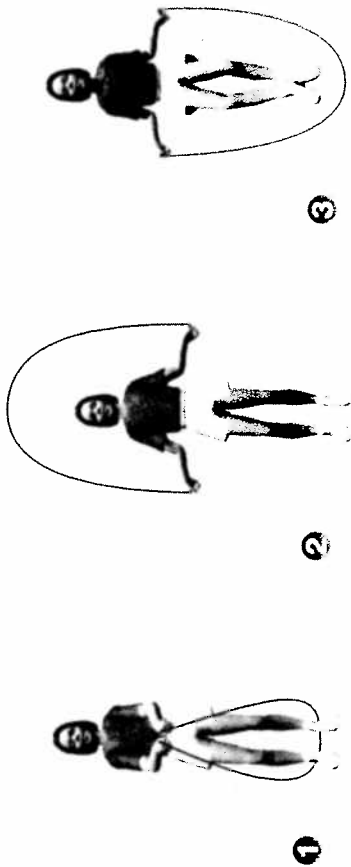
Our guide to teaching kids Jump Rope For Heart skills

1 Basic Jump (Single Bounce)

Prerequisite: none

cues: *jump • jump • jump*

1. Start with the rope behind your feet and your hands together in front.
2. Swing your hands down to your sides then back, up and over. The rope will hit your toes in front. Step over the rope and repeat until your arm motion is correct.
3. Swing the rope over and jump with both feet as the rope comes down in front. Land on the balls of your feet. Keep jumping and turning the rope with a circular wrist motion.



tips:

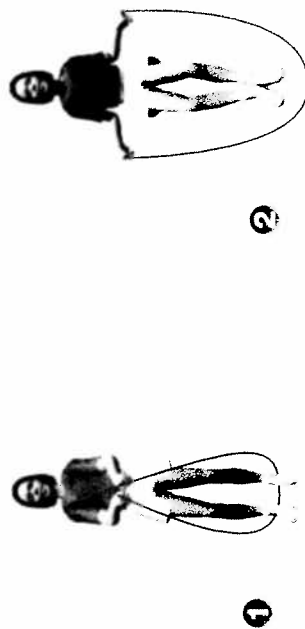
Jump once for each rope revolution. • Keep your feet and knees together. • Keep your hands waist high, slightly in front of your body, and make small circles with your wrists. • Stay on the balls of your feet and bend your knees slightly. • Jump only one or two inches off the ground. • Also practice the Backwards Basic Jump by starting with the rope in front of your feet, lifting it up over your head and jumping as it comes down behind you.

2 Basic Jump (Double Bounce)

Prerequisite: none

cues: *jump jump • jump jump • jump jump*

1. Start with the rope behind your feet and your hands together in front.
2. Swing the rope over and jump with both feet as the rope comes down in front. Land on the balls of your feet. As the rope goes overhead, jump again. Keep jumping and using a circular wrist motion to turn the rope.



tips:

See tips for Basic Jump (Single Bounce). • Jump twice for each rope revolution. • Turn the rope slowly. • Many beginners start with the double bounce, but the single bounce is better for most other skills.

STEPS

STEPS

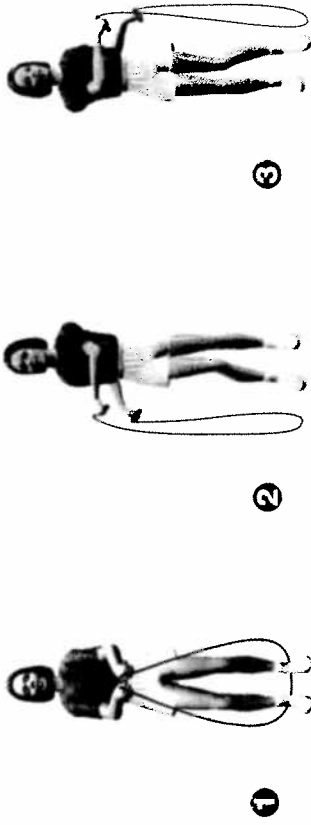
3 Side Swing

Prerequisite: none

cues: right • left • right • left

STEPS

1. Start with the rope behind your feet.
2. Swing the rope up overhead, and as it comes down toward your feet, bring both your hands to your right side so the rope hits the floor to the right of your feet.
3. Lift up with your hands, making a circular motion, and bring your hands across the front of your body to your left side so the rope hits the floor to the left of your feet.



tips:

Keep one handle in each hand. • Keep your hands close together. • Keep your feet together but don't jump. • Keep your hands close to your side (the rope should hit the floor near your feet). • Swing the rope slowly.

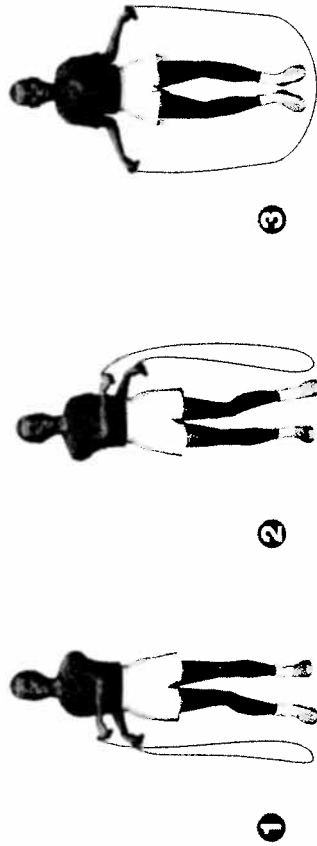
4 Double Side Swing and Jump

Prerequisite: Side Swing

cues: right • left • jump

STEPS

1. Swing the rope to your right side.
2. Swing the rope to your left side.
3. As the rope comes down on the third turn, spread your hands apart and jump over the rope.



tips: See tips for Side Swing. • Don't jump during the side swings. • Also practice swinging to the left side first.

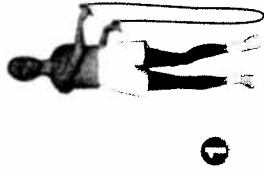
5 Single Side Swing and Jump

Prerequisites: Side Swing, Double Swing and Jump

cues: left • jump • right • jump

STEPS

1. Swing the rope to your left side.
2. On the next rope turn, spread your hands apart and jump.
3. As the rope comes over, swing it to your right side.
4. On the next turn, spread your hands apart again and jump.



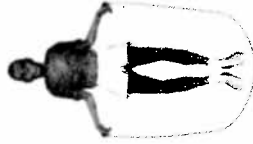
1



3



2



4

tips: See tips for Side Swing and Double Side Swing and Jump. • On the side swing, the hand crossing in front of your body should extend past your other hand.

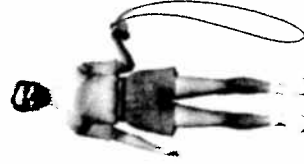
6 One-Handed Side Swing

Prerequisite: none

cues: swing • swing • swing

STEPS

1. Hold both handles in your left hand on your left side.
2. Bring your left arm back and up, then forward and down, making small circles on your left side.



1



2

tips: Keep the rope parallel to the side of your body. • The rope should hit the floor close to your feet. • Also practice on your right side.

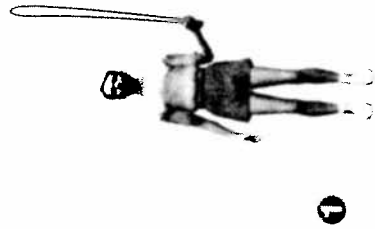
7 One-Handed Side Swing Crossover

Prerequisite: One-Handed Side Swing

cues: *left • right • left • right*

STEPS

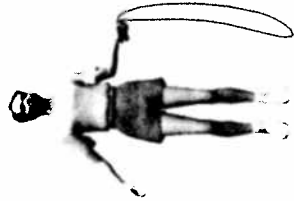
1. Do a One-Handed Side Swing on your left side with the rope in your left hand.
2. As the rope comes down in front, bring your left hand across the front of your body to swing the rope on your right side.
3. As the rope goes up on your right side, bring your left hand back to your left side to swing the rope on your left side.



1



2



3

tips: See tips for One-Handed Side Swing. • Rotate your wrist to maintain the rope's momentum. • Turn the rope slowly. • Also practice with your right hand.

8 Behind-the-Back Pass

Prerequisite: One-Handed Side Swing

cues: *left • pass • right*

STEPS

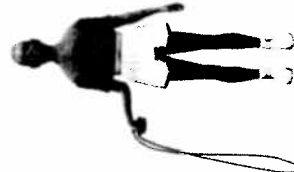
1. Hold both handles in your left hand and do a One-Handed Side Swing on your left side.
2. As the rope comes down toward your feet, bring your hand behind your back and pass the handles to your right hand.
3. With both handles now in your right hand, lift your right arm out to your right and do a One-Handed Side Swing to your right.



1



2



3

tips: Turn the rope slowly to allow time for the exchange behind your back. • Make the exchange at the midline of your hips. • Also practice with your right hand.

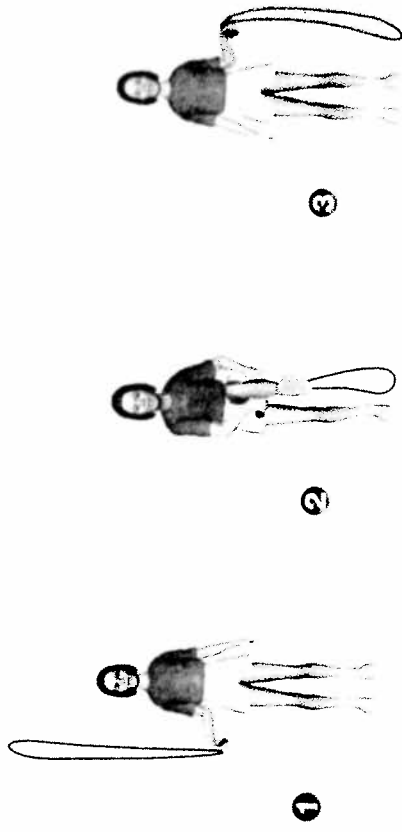
9 Under-the-Leg Pass

Prerequisite: One-Handed Side Swing

cues: right • pass • left

STEPS

1. Hold both rope handles in your right hand and do a One-Handed Side Swing on your right side.
2. As the rope comes down toward your feet, lift your left leg and pass the handles under your left leg to your left hand.
3. With both handles now in your left hand, lift your left arm out to your left and do a One-Handed Side Swing to your left side.



tips: Turn the rope slowly to allow time for the exchange under your leg. • Keep your raised leg as straight as possible. • Also practice with your left hand.

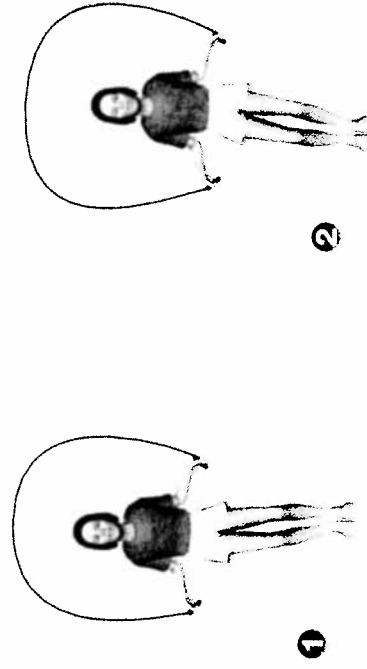
10 Skier

Prerequisite: none

cues: left • right • left • right

STEPS

1. Jump over the rope sideways 6" to 12" to your left and land on both feet together.
2. Jump over the rope sideways 6" to 12" to your right and land on both feet together.



tips: Keep your feet together. • Don't jump too high or too far to the side. • Stay on the balls of your feet. • The motion is similar to a skier weaving down a mountain.

11 Bell

Prerequisite: none

cues: *forward • back • forward • back*

STEPS

1. Jump forward 6" to 12" over the rope. Land on both feet together.
2. Jump backward 6" to 12" over the rope. Land on both feet together.



tips:

- Keep your feet together.
- Don't jump too high or too far forward or back.
- Stay on the balls of your feet.
- The motion is similar to a bell clap-per swinging back and forth.

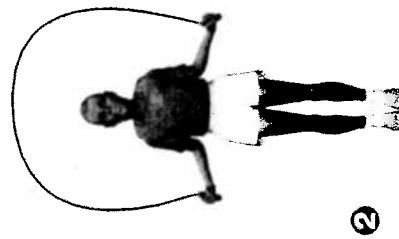
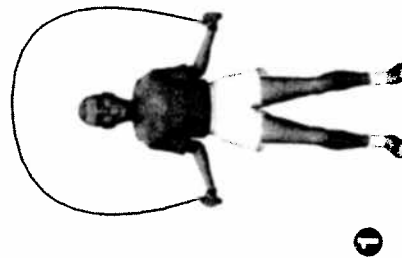
12 Side Straddle

Prerequisite: none

cues: *apart • together • apart • together*

STEPS

1. Jump over the rope and land with your feet spread shoulder-width apart.
2. Jump over the rope again and land with your feet together.



tips:

- Stay on the balls of your feet.
- Wait until the rope passes under you before spreading your feet apart.

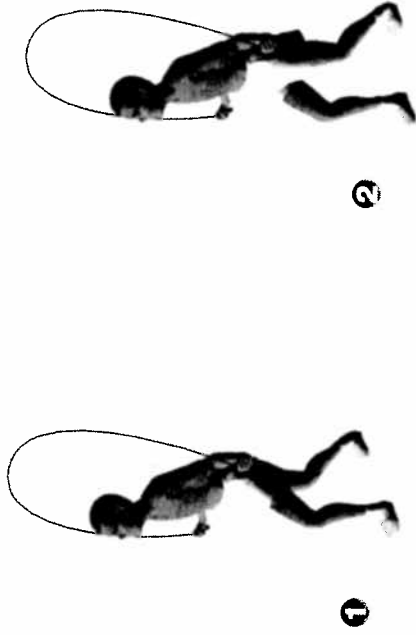
13 Forward Straddle (Scissors)

Prerequisite: none

cues: *left • right • left • right*

STEPS

1. Jump over the rope and land with your left foot forward and your right foot back. Your feet should be about 8" to 12" apart.
2. Jump over the rope again and reverse your feet before landing.



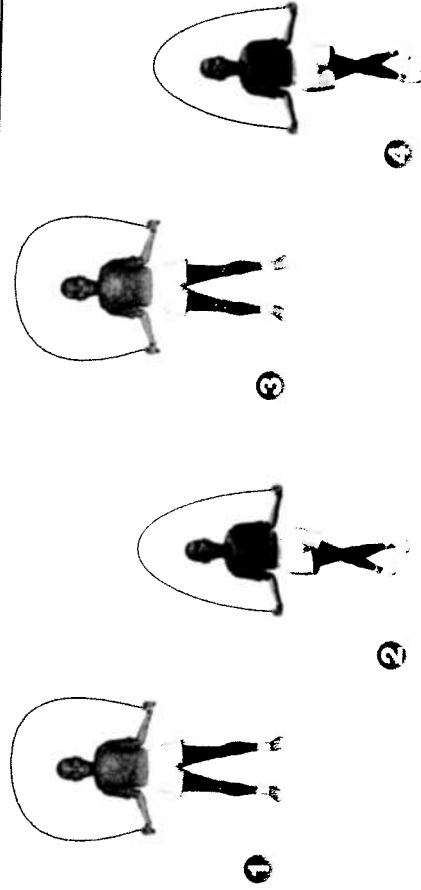
tips: Stay on the balls of your feet. • Lean slightly forward. • You may add a Basic Jump between straddles.

14 Straddle Cross

Prerequisite: Side Straddle

cues: *apart • cross right • apart • cross left*

1. Jump over the rope and land with your feet spread shoulder-width apart.
2. Jump over the rope and land with your right leg crossed in front of your left leg.
3. Jump over the rope and land with your feet spread apart again.
4. Jump over the rope and land with your left leg crossed in front of your right leg.



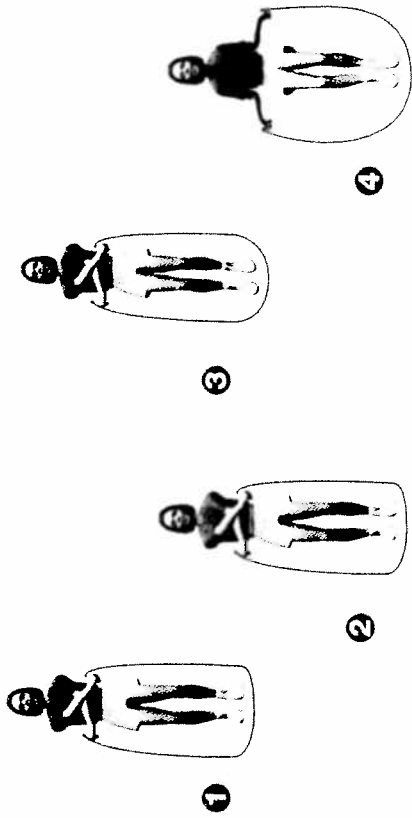
tips: Stay on the balls of your feet. • Alternate the leg in front with each cross.

15 Front Cross

Prerequisite: none

cues: *cross • open • cross • open*

1. With the rope in front of your feet, cross your right arm over your left arm in front until your elbows touch and your hands extend beyond your waist. Rotate your wrists.
2. Start with the rope behind your feet. Swing the rope overhead, crossing your right arm over your left arm. Don't jump. Check your hand placement.
3. Repeat Step 2. Jump one time with your arms crossed so the rope goes under your feet and continues back up overhead.
4. Repeat Step 3. When the rope comes back up overhead, open your arms for a Basic Jump.



tips:

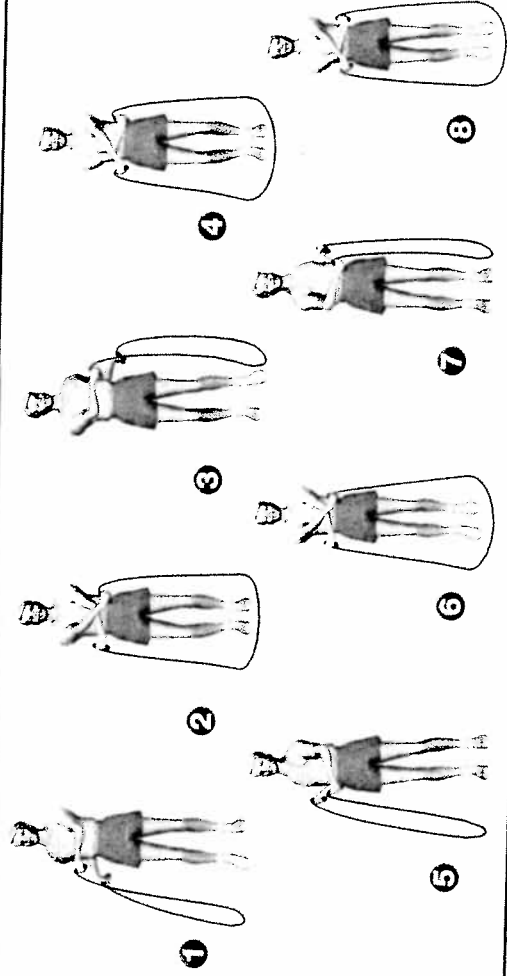
Hold the rope handles in the extended position. • Cross your arms wide enough for the handles to extend beyond the sides of your body. • On the cross, your hands must stay at waist level. • Also practice crossing your left arm over your right one.

16 Side Swing Cross

Prerequisites: Single Side Swing and Front Cross

cues: *right • cross • left • cross*

1. With the rope in front, hold both arms to your right side.
2. Cross your right arm over your left arm to the Front Cross position.
3. Move both arms to your left side.
4. Cross your left arm over your right one to the Front Cross position and continue, repeating Steps 1–4 several times.
5. Starting with the rope behind your feet, swing the rope up and over into a right side swing.
6. On the next rope turn, cross your right arm over your left one and jump.
7. As the rope comes over, do a left side swing.



tips:

See tips for Front Cross. • The arm on the side of the side swing should be on top for the next cross. • Keep your side swings close to your body.

STEPS

STEPS

long rope skills — basic

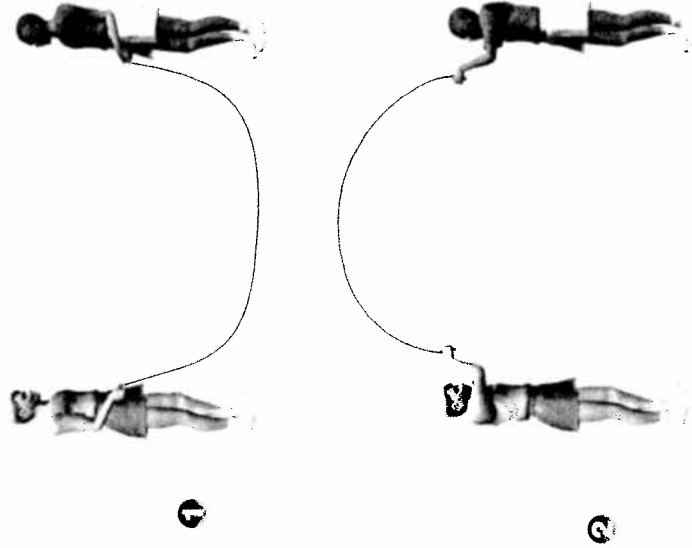
1 Single Long Rope — Turning

Prerequisite: none

cues: lift out and up • down

STEPS

1. Two turners face each other, holding the rope down by their side, on the same side, with the rope barely touching the floor in the middle.
2. Both lift their arms out to the side, then up and keep turning in that direction, moving their arms with a large circular motion.



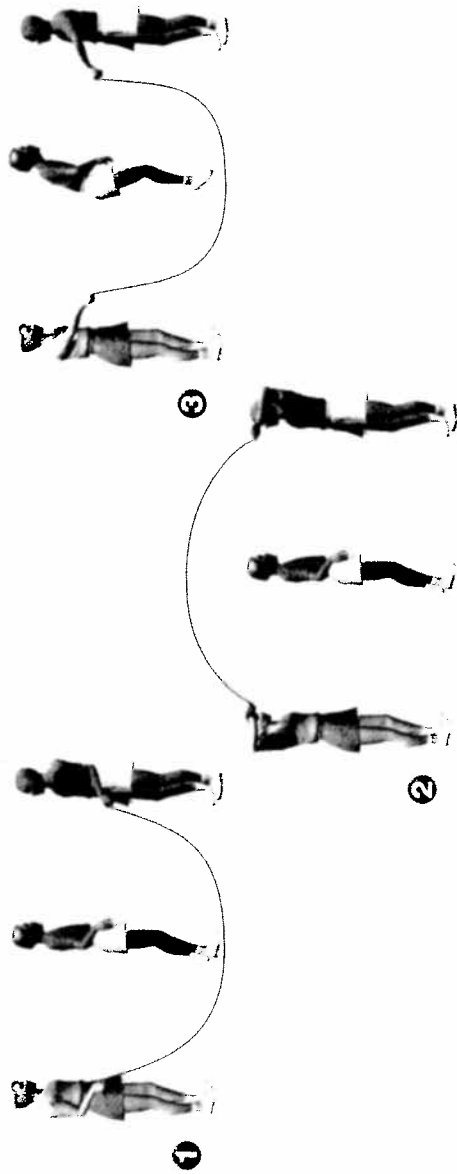
tips: Keep the rope on the same side of the turners' bodies. • Use a rope 10' long or longer (shorter ropes are easier to turn and control). • Lift your arm high and turn the rope slowly. • The rope should go down below your waist on the downswing. • Keep your wrist locked, your thumb on top of the handle, and the handle pointed at the other turner throughout the turning motion. • Don't pull back on the rope when you lift it out to the side. Extend the arm reaching out to maintain a constant distance from the other turner. • Don't cross the midline of your body with the turning hand. • Don't lean forward or reach in with your arm (keep slight tension on the rope). • Guide the rope on the way down instead of pulling it down. • Practice with both arms, turning clockwise with your left hand, and counter-clockwise with your right hand.

2 Single Long Rope – Jumping (Cold Start)

Prerequisite: none

cues: *ready • set • go • jump • jump*

1. The jumper stands in the middle of the rope facing a turner. The turner holds the rope down by his or her side in the starting position.
2. The turner calls "Ready, Set, Go" and begins lifting the rope out and up on "Set."
3. The jumper begins jumping on "Go" as the rope comes down toward his or her feet.



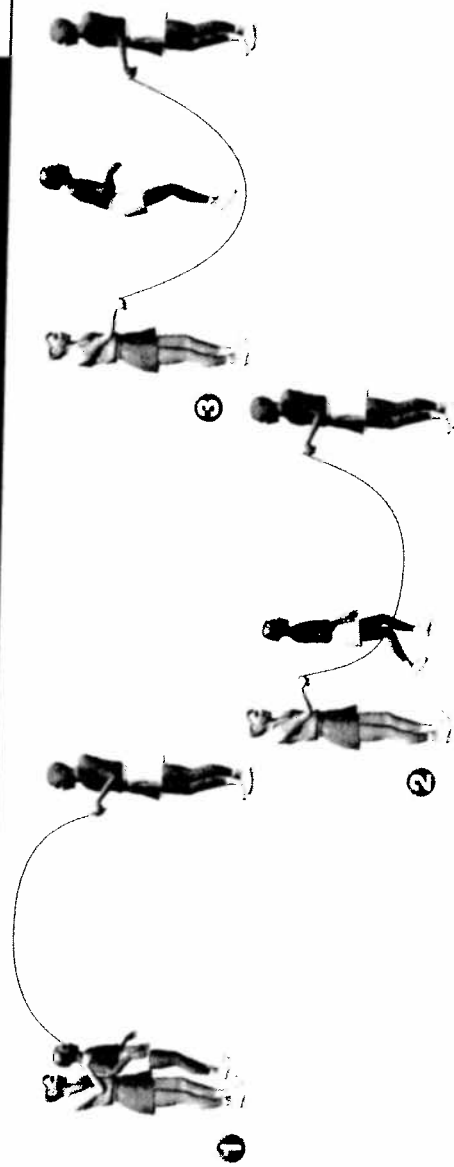
tips: The rope must start on the same side of the turners and jumper. • Keep your arms down by your side while jumping. • Use a double bounce for one long rope. • Stay on the balls of your feet. • The turners should watch the jumper's feet. • The turners are responsible for increasing or decreasing rope speed to adjust to the jumper's pace. • Also practice changing the rope to the other side, using the other hand and turning in the opposite direction.

3 Single Long Rope – Entering (Front Door)

Prerequisites: Single Long Rope – Jumping (Cold Start)

cues: *ready • set • go in • jump • jump*

1. With the rope already turning, the jumper stands next to one turner on the opposite side of the hand holding the rope (the rope moves away from the jumper as it hits the floor).
2. As the rope passes the jumper's nose on the downswing, the turner calls "Ready, Set, Go."
3. On "Go," the jumper takes one long step, lands on both feet in the middle of the rope and keeps jumping.



tips: See tips for Single Long Rope – Jumping (Cold Start). • Before entering, stand one arm's length away from the turner. • The turner may call out cues as the rope comes down past the jumper's nose, or the jumper may choose to call his or her own cues. • You must get to the middle of the rope quickly when jumping. Mark the middle of the rope with tape or a line on the floor. • Turn the rope slowly to give the jumper more time to get in. • Use a double bounce when the rope is turning slowly; use a single bounce when it's turning quickly.

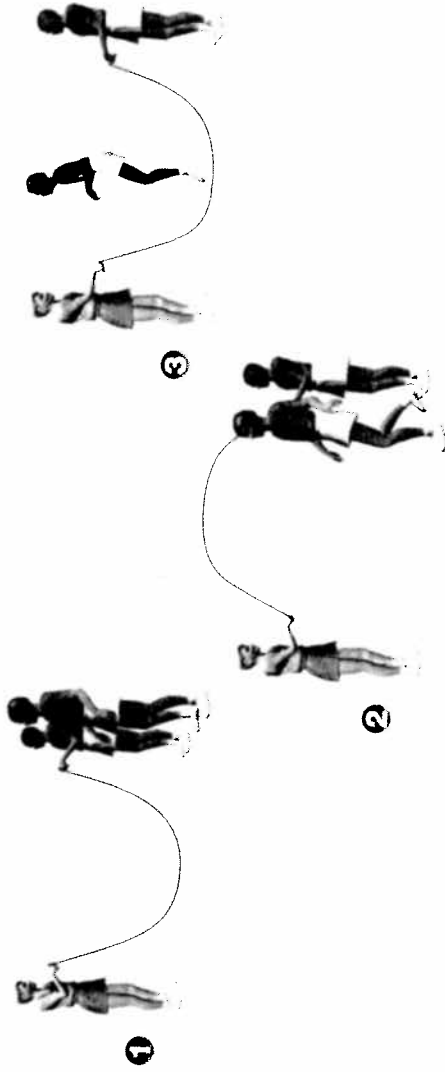
4 Single Long Rope — Entering (Back Door)

Prerequisites: Single Long Rope — Entering (Front Door)

cues: ready • set • go in • jump • jump

STEPS

1. With the rope already turning, the jumper stands next to one turner on the same side as the hand holding the rope (the rope moves toward the jumper as it hits the floor).
2. As the rope comes up past the jumper's nose, the turner calls "Ready, Set, Go."
3. On "Go," the jumper takes one long step, lands on both feet in the middle of the rope and keeps jumping.



tips: See tips for Single Long Rope — Entering (Front Door). • The jumper has less time to enter from the back door side and must move more quickly.

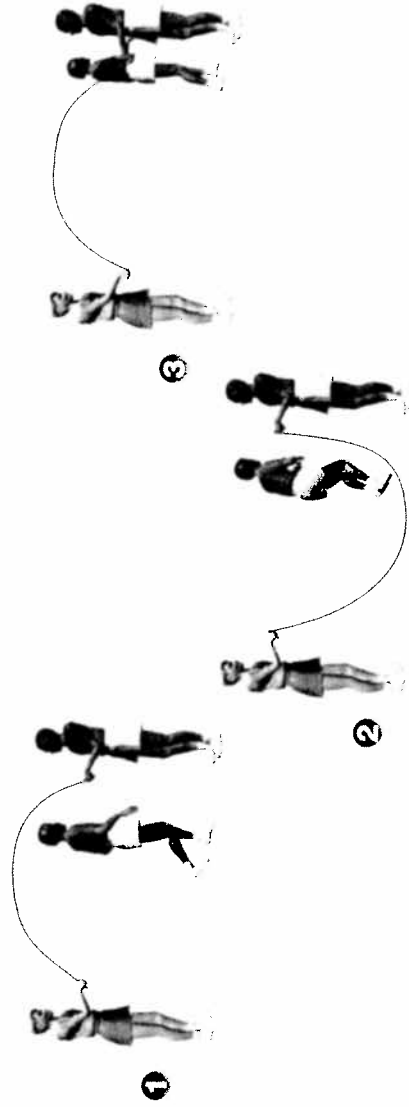
5 Single Long Rope — Exiting

Prerequisite: Jumping (Cold Start)

cues: ready • set • go out • step away

STEPS

1. While jumping, the jumper moves closer to the turner on the exit end.
2. Exit on the turner's side opposite the hand holding the rope. Call "Ready, Set, Go" and jump forward over the rope toward that side on "Go."
3. Land on two feet and step away from the turner and the rope.



tips: Exit by jumping out on both feet, not stepping out or running out. • Exit within an arm's length of the turner. Exit on the opposite end from your entrance. • Exit on the turner's side opposite the hand holding the rope (this is important later for Double Dutch).

JUMP ROPE RHYMES

Cinderella

Cinderella dressed in yellow
Went upstairs to kiss her fellow
How many kisses did she give?
One, two, ... (count jumps)



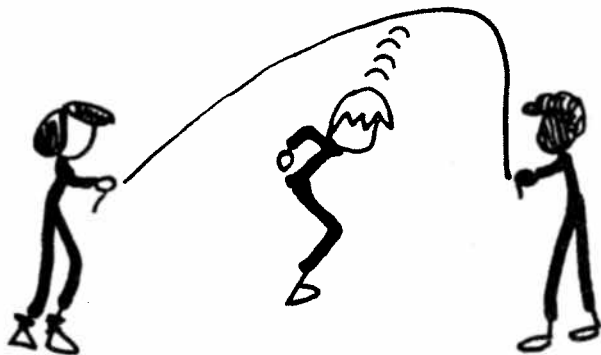
Teddy Bear

Teddy Bear, Teddy Bear, turn around.
Teddy Bear, Teddy Bear, touch the ground.
Teddy Bear, Teddy Bear, touch your shoes.
Teddy Bear, Teddy Bear, read the news.
Teddy Bear, Teddy Bear, turn out the light.
Teddy Bear, Teddy Bear, say good-night.
(exit)

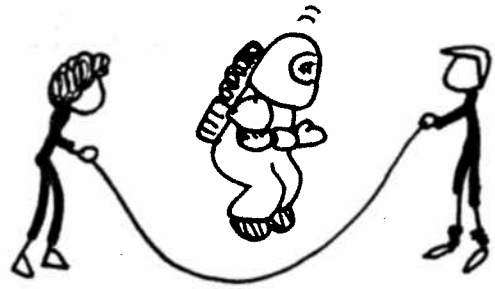


Johnny Over The Ocean

Johnny over the ocean,
Johnny over the sea,
Johnny broke a window
And blamed it on me.
I told Ma,
Ma told Pa,
Johnny got a whipping
Ha, Ha, Ha!
How many whippings
Did he get?
One, two ... (count jumps)



JUMP ROPE RHYMES



(Kids in line chant)

Spaceman
Spaceman, Spaceman
Can we join you
In your race
Through outer space?

(Jumper chants)

_____ is the color
That I see
If you want to
Fly with me.

(Those wearing
said color enter)

(All chant)

Mercury, Venus, Earth
Mars, Jupiter, Saturn
Uranus, Pluto, Neptune.

All back to home
Now spaceman alone.

(All exit except Spaceman)

(Repeat - choose new spaceman - new color)



Months

All in together
Very fine weather
My birthday is soon
Fill a balloon
Which month is that?
January, February, March,
April, May, June, July,
August, September, October,
November, December.
(exit on birth month)

(All jumpers in)

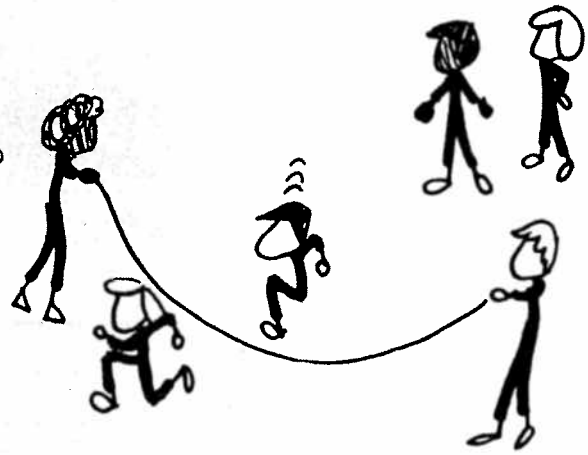


JUMP ROPE RHYMES

Runner

Runner, runner
In the race
Can you keep up
The fast pace?

How many laps
Will it take
Until you finish
In first place?
1-2-3-4 etc.

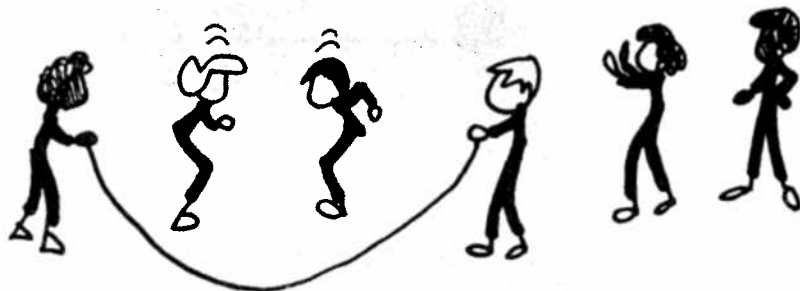


Fireman

Fireman, Fireman
Number Eight
Hit his head against the gate.
The gate flew in, the gate flew out
That's the way he put the fire out
O-U-T spells out - (exit)

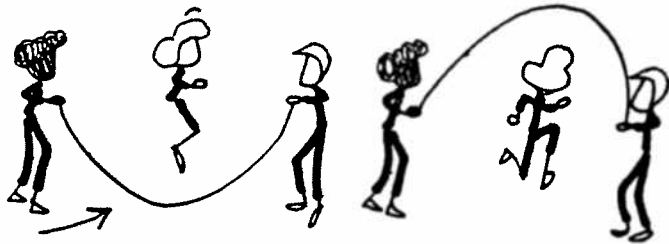
4 Jumpers

(1st jumper) Mother, Mother, I am ill
Send for the doctor to give me a pill.
(2nd jumper) In came the doctor
(3rd jumper) In came the nurse
(4th jumper) In came the lady
With the alligator purse.

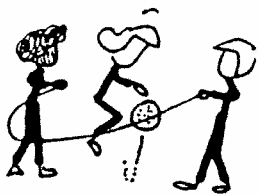


● Jumping Through School

OBJECT: Children run in, jump over rope, and run out without getting hit by rope.



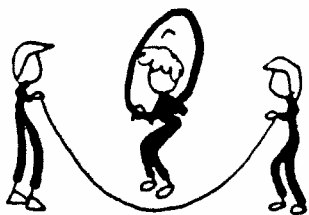
Children start by running through ropes without jumping (Kindergarten). On the next turn they run in, jump once, and run out (first grade). Children continue adding one jump (grade) on each turn until they make it through all the grades. When a child misses, he repeats that grade (number of jumps) on his next turn. After completing jumping, move on to another task. See below.



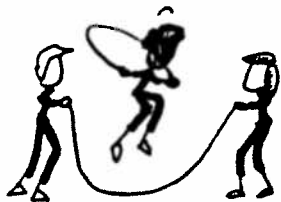
Ball bounce - Repeat same sequence as above but count only ball bounces - not jumps.



Partner - Repeat same sequence, except jumps are counted as a team.



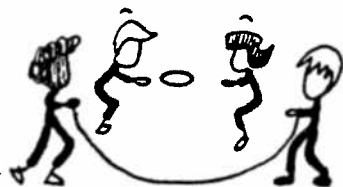
Hula hoop - Count the number of jumps with a hula hoop.



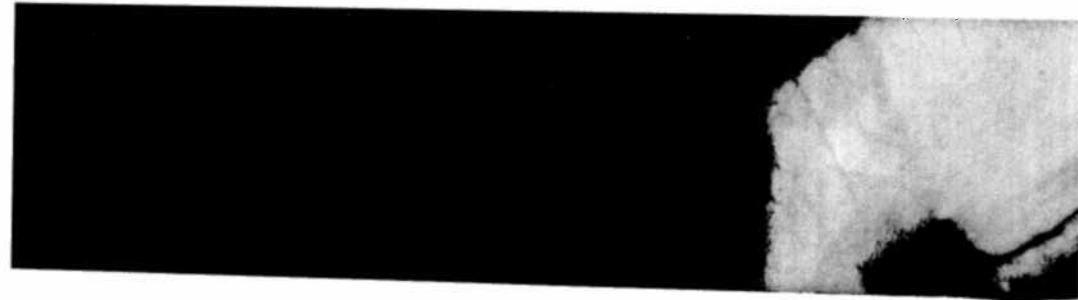
Short rope - Count the number of jumps with a short rope.



Partner/short rope - count jumps with partner using short rope.



Create your own tricks.



counting jumps

Alexander took a gander
At a big green salamander.
He took a big sniff,
Got a big whiff;
How many sneezes
Did he sneeze?
One achoo, two achoos, three achoos...



* **Cinderella**, dressed in yellow,
Went upstairs to kiss a fellow.
Made a mistake—
Kissed a snake.
How many doctors did it take?
1, 2, 3...



Cinderella,
Dressed in yellow,
Went downstairs to meet her fellow.
On the way her girdle busted:
How many people were disgusted?
1, 2, 3...



Just Jumping

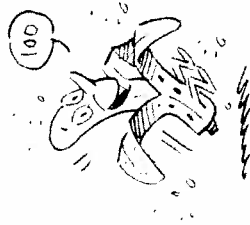
These rhymes are good for jumping on your own, or for jumping with a group if you have a longer rope.

Banana, banana, banana split

What did you get in arithmetic?

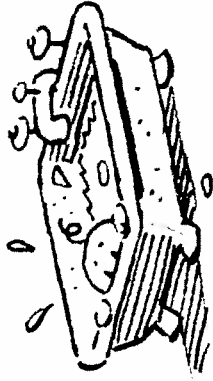
Banana, banana, banana for free

What did you get in geometry?



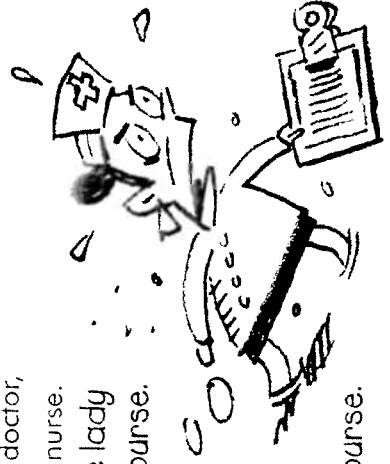
Just jumping

Miss *Lucy* had a baby,
She named him **Tiny Tim**.
She put him in the bathtub
To see if he could swim.



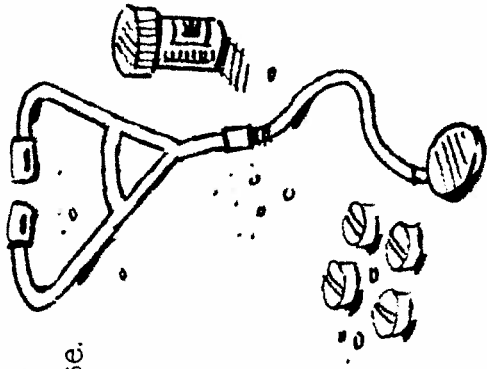
He drank up all the water.
He ate up all the soap.
He tried to eat the bathtub,
But it wouldn't go down his throat.

Miss *Lucy* called the doctor,
Miss *Lucy* called the nurse.
Miss *Lucy* called the lady
With the alligator purse.



In walked the doctor,
In walked the nurse,
In walked the lady
With the alligator purse.

"Measles," said the doctor.
"Chicken pox," said the nurse.
"Mumps," said the lady
With the alligator purse.



"Penicillin," said the doctor.
"Aspirin," said the nurse.
"Pizza," said the lady
With the alligator purse.

A dime for the doctor,
A nickel for the nurse.
Nothing for the lady
With the alligator purse.

Out walked the doctor,
Out walked the nurse,
Out walked the lady
With the alligator purse.



Just jumping

~~I know something,
But I won't tell,
Three little monkeys in a peanut shell,
One can read,
And one can dance,
And one has a hole in the seat of his pants.~~



**Five little monkeys,
Jumping on the bed.
One fell off
And bumped his head.
Mama called the doctor,
And the doctor said,
"No more monkeys jumping on the bed!"**

Four little monkeys...
(Repeat the rhyme until you've
counted down to one little monkey.)