

Jump Rope Tic Tac Toe

Grade Level: 4-6

Skills: Various jump roping, and cooperative activities are the skills involved.

Objective: **Standard 6.SAP.2:** Explain how the development of the frontal lobe impacts decision-making and how harmful substances affect development.

Equipment: One jump rope for each student, objects to use for X's and O's, one tic tac toe grid for every two students, and some "I Did It" and "Try Again" station signs.

Organization: Divide the area into an "I Did It" side and a "Try Again" side. Place several tic-tac-toe grids on each side with the X's and O's objects at each grid. Give each student a jump rope. Partner the students and have them go to any tic-tac-toe grid to start.

Activity: The two students will decide who will be "X" and "O". They challenge each other to jump the rope five times without missing using a pre-selected list of jump rope skills. If one misses, the other person gets to put their "X" or "O" on the grid. If the jumper makes it, they get to put the "X" or "O" on the grid. Continue play until somebody makes a jump rope tic-tac-toe. The winner goes to the "I Did It" side while the second-place finisher goes to the "Try Again" side and each finds another partner. Use rock, paper, scissors to break any tie.

List of jump roping skills:

1. Forward swing with a single bounce between jumps.
2. Forward swing with a double bounce between jumps.
3. Backward swing with a single bounce between jumps.
4. Backward swing with a double bounce between jumps.
5. Right foot only forward swings.
6. Left foot only forward swings.
7. Right foot only backward swings.
8. Left foot only backward swings.
9. Boxer: jump twice on the right foot, then twice on the left foot.
10. Forward crisscross: start with feet together. As the rope is turning overhead, cross the arms creating a loop, jump through the loop, uncross the arms and single jump. As the rope turns overhead, cross the arms again.
11. Backward crisscross: same as above except the rope is turned backwards.
12. Double unders: the objective is to turn the rope twice for every jump. To be successful, a jumper will need to jump a little higher and bend ever so slightly at the waist. Increase the rate of the wrists rotating to generate more speed.
13. Rocker: start with one foot forward. As the rope passes under the front foot, shift the weight from the back foot to the front foot (lifting the back foot up). Shift the weight from the front foot to the back foot after the rope passes underneath.

Closure: How does the frontal lobe affect our daily lives, and what is the function of the frontal lobe? How do harmful substances affect the frontal lobe?

Piloted at: Columbia