

Planned Course: Physical Education	Course Number: N/A	Department: Physical Education	
Unit: Jump Rope	Grade Level: 4-5		
Estimated Time: 2 classes	Level/Track: All	Date Approved: 08/22/2016	
PA Academic Standards	▶ Core Concepts (in question format) <ul style="list-style-type: none"> • Skills/Knowledge 	Activities/Strategies/Study Skills (identify some activities as remedial or enrichment activities)	Assessments (include types and topics)

<p>10.4.6 Physical Activity</p> <p>A. Identify and engage in moderate to vigorous physical activities that contribute to physical fitness and health</p> <p>B. Explain the effects of regular participation in moderate to vigorous physical activities on the body systems.</p> <p>C. Identify and apply ways to monitor and assess the body's response to moderate to vigorous physical activity.</p> <p>10.5.6 Concepts, Principles and Strategies of Movement</p> <p>A. Explain and apply the basic movement skills and concepts to create and perform movement sequences and advanced skills</p> <p>D. Describe and apply the principles of exercise to the components of health-related and skill-related fitness.</p>	<ul style="list-style-type: none"> • What challenges and skills will students overcome and develop by participating in jump rope activities? 	<ul style="list-style-type: none"> • Jump Rope- Individual <ul style="list-style-type: none"> ○ Forward ○ Backward ○ Skier ○ Bell ○ Side to Side ○ Scissor ○ Straddle Cross ○ Single Side Swing ○ Double Slide Swing ○ Criss Cross • Jump Rope- Team <ul style="list-style-type: none"> ○ Cold Start ○ Jump In ○ Jump Out ○ Figure 8 ○ Tag ○ Hula Hoop in JR ○ JR in JR ○ Push Ups in JR ○ Double Dutch • Chinese Jump Rope • Jump Rope Stations • Jump Rope for Heart (optional per teacher) 	<ul style="list-style-type: none"> • Teacher observation • Peer observation • Self-observation • Checklist
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