

Planned Course: Physical Education	Course Number: N/A	Department: Physical Education	
Unit: Jump Rope	Grade Level: K-2		
Estimated Time: 3 classes	Level/Track: All	Date Approved: 08/22/2016	
PA Academic Standards	<ul style="list-style-type: none"> ▶ 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. 3 Physical Activity</p> <p>A Identify and engage in physical activities that promote physical fitness and health.</p> <p>B Know the positive and negative effects of regular participation in moderate to vigorous physical activities.</p> <p>C. Know and recognize changes in body responses during moderate to vigorous physical activity.</p> <ul style="list-style-type: none"> - heart rate - breathing rate <p>10.5.3 Physical Activity</p> <p>C. Know the function of practice</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 <ul style="list-style-type: none"> - Jump Forward - Jump Backward • Jump consecutive with a rope <ul style="list-style-type: none"> - individual/Shirt rope - team/Long rope • Jump Rope Stations <ul style="list-style-type: none"> - Flat on Floor - Snake - Mountain - 1' High - ½ turn - Full turn • Chinese jump rope • Jump rope for Heart (optional per teacher) 	<ul style="list-style-type: none"> • Teacher observation • Peer observation • Self-observation • Checklist
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