

Jumping Patterns

Introduction: Almost every child likes to jump rope. It is an easy task in which most children find success. During this activity, jump roping will be combined with using patterns in math. Learning to count by fives and tens has never been so much fun!

Grade Level and Subject: 2nd Grade Math and P.E.

TEKS: Math – 5A, 5B
P.E. – 1D, 1M, 3A, 3B, 3C, 5A, 7A, 7B

Materials: Jump ropes (5-6 foot ropes), preferably one for every student in class

Resource: *The Ultimate Playground & Recess Game Book* by Guy Bailey. ISBN: 0-9669727-2-4

Activity: Since this activity has students jumping rope, they will need to be properly instructed on how to hold and turn a rope before beginning the activity. The physical education teacher might have already shown the students proper rope-turning skills.

The students should begin the activity at the playground or the gym. This lesson works best if every student has a jump rope. Each student should have plenty of space around him or her for all students to be safe.

The students are to hold the jump ropes and wait for the signal from the teacher. The teacher begins by counting to 100 by tens. For every number he or she calls, the students are to jump rope by jumping once, off both feet, for every turn of the rope. The teacher needs to find a nice, steady pace so all students can comfortably jump the rope. If the students can manage it, they can call out the numbers with the teacher during the activity. For example, if the students are practicing counting by tens to 100, the teacher is to call out 10, 20, 30, and so on until he or she reaches 100. At every number, the students are to jump rope and call out the numbers if they can. The teacher should give the students a short break and then perform the activity again. If there are not enough ropes for every child to use, have the children share ropes. While one child is jumping, the other child is standing nearby and counting the pattern with the teacher while hopping in place. The students can then switch so that the first student counts and the second student jumps rope.

This activity can be used to practice counting by tens, fives, twos, and even ones. Make sure that if they are practicing counting by ones, they are ready for that challenge as it will take some physical endurance.

Another option is to have the students double jump with every number called. To double jump, the student is to jump twice, off both feet, for every turn of the rope — once when the rope is overhead and once again as the rope passes underneath the feet.

Evaluation: The teacher should listen closely to see if the students are counting correctly. If they cannot jump and count at the same time, he or she can listen to the child count in the classroom and then let him or her jump on the playground or in the gym.



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