

Tying it All Together

Ninja Belt Lesson Plan

National Standards

Standards 1,3,4,5

Grades

2 – 6

Grade-Level Outcomes or Performance Indicators

- ◆S1.E3 Locomotor
- ◆S1.E27 Manipulative
- ◆S3.E2 Engages in physical activity
- ◆S4.E1 Personal responsibility
- ◆S5.E3 Self-expression & enjoyment

Lesson Objective

To develop jump rope skills using a student-centered approach, through student-directed practice and self-assessment.

Materials

Short jump rope for each student and either a whiteboard or chart paper with an item for each student to mark their learning advancement (Post-it notes, Plickers magnets, dry erase markers).

Safety Considerations

Students should choose the correct jump rope length and stay in personal space when jumping.

Prior Knowledge

Students should know how to choose an appropriate jump rope and be able to use it to perform self-turned jumping.

Vocabulary

Endurance, cardiovascular, stamina, jumping, variations, routine, consecutive.

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I combined two great ideas for my grades 2-6 Jump Rope For Heart lessons this year:

1. Jump rope ninja gamification system

Students earn martial arts belts for each level of success they achieve based on rubrics for each (modifications needed for different grade levels).

Game developed by Ryan Armstrong.

Follow him on Twitter! @RArmstrongPE

2. Mini-Plickers magnet assessment system

Combine the ninja gamification system with some SOLO taxonomy ideas by creating small mini-Plickers magnets that students can place at each ninja belt after completing the specified skill correctly. This not only kept students fully engaged the entire time, but allowed me to assess each student's skills.

Tip: I changed the A-B-C-D to 4-3-2-1 to match our grading rubric.

Introductory Activities

Start the class with a quick instant activity to get the body ready.

Lesson Focus

- Gather the students and have them sit at "headquarters" to go over the JRFH event and talk about students or families impacted by heart issues.

- Teach the students which National Standards & Grade-Level Outcomes (GLOs) the activity fulfills.

Tip: I always have the SHAPE America GLOs posted for each lesson as I like to cover the "what, why, how" each week so students understand the purpose.

- After that, review the Plickers magnet assessment system coupled with the jump rope belt gamification.
- Direct students to pick suitable ropes after reviewing the correct length and send them off with a partner or two to start the learning.
- As they complete a belt color's challenge, they go to the board and place a magnet on that specific belt paper. They move up the chain of belts with each new success.
- Students can modify as necessary. Example: Students can use a hula hoop instead of jump rope.

Assessment

- Each student answers a question before placing their magnet on each ninja belt to verify understanding of concepts. *Sample questions:*
 - "How long should the rope be?"
 - "What body system(s) are you improving by jumping rope?"
 - "How does the height you jump impact how long you can jump?"
- At the end of the lesson scan each student's mini-Plicker magnets to monitor progression and how much each student learned.

Scoring System:

- 4 for reaching black or red belt
- 3 for brown and purple belt
- 2 for blue, green and orange
- 1 for white and yellow belt

Interested in seeing it all put together?
Check out this online video tutorial.