

**Grade: 2**

**Lesson Title: Fitness**

**NYS Learning Standard: 1, 2 and 3**

**Activity: Jump Rope**

**Warm-Up**

- **Run or Jog in place for :30 seconds**
- **Arm Circles – 10 forward and 10 backward**
- **10 Twist**
- **Toe Touches – Hold the stretch for 10 seconds. Repeat 3 times.**
- **10 Push-ups**
- **10 Sit-ups or 10 Crunches**
- **10 Jumping Jacks**

**Activity: Jump Rope**

**Jump Rope is a very popular fitness activity throughout the world. Jump roping improves aerobic capacity, muscular endurance, body composition and coordination.**

**Practice the jump rope activities listed below. At the bottom of the page, there is a link to a YouTube video. Enjoy and have fun!**

**Jump Rope Activities**

- **Rope measurement – stand in the middle of the rope and pull the rope up to your shoulders. The rope should be equal on both sides of your body**
- **Rope swings – practice swinging the rope forward (to your feet) and backward (behind to your heels)**
- **Swing the rope (forward) to your feet and step over the rope (Basic Jump Forwards)**
- **Swing the rope (backward) to your heel and step back over the rope (Basic Jump Backward)**
- **Practice basic jump forward and backward**
- **10 jumps on your left foot and 10 jumps on your right foot**
- **10 jumps alternating (running)**
- **NFCSD Jump Rope Test - 10 jumps on both feet, 5 on one foot, 5 on the other and 10 jumps alternating. Complete without stopping.**
- **1 Minute Challenge – how many jumps can you do in 1 minute**
- **Create a jump rope routine**

<https://www.youtube.com/watch?v=wK8XUaAfmSs>

**Cool Down – Pick 3 exercises from the above list**