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Girl Scouts®
Where Girls Grow StrongSM

Fit&Fun for Girls “Jumping Rope”

for girls Ages 8-11



2354 – R 3/2006/Reviewed 5/2006

Fit&Fun for girls 8-11: Jumping Rope

Fit&Fun is a national recreational sports and fitness project aimed at providing girls 8-11, with the skills necessary to maximize their success in sports. By utilizing a variety of activities that focus on fair play, cooperation and skill progression, girls will be encouraged to participate in sports and to incorporate health and fitness activities into their lives.

Goals of Fit&Fun

- To enable girls to practice and become successful at a variety of sports and fitness skills in a fun, and supportive atmosphere.
- To help improve cardiovascular (heart and lungs) capacity through activities such as jump rope, tag, relay races, etc.
- To teach girls the importance of warm-ups, cool-downs and stretching.
- To reinforce the values of fair play and teamwork.
- To introduce the lifelong benefits of an overall fitness regime.

The Ten Skills that are covered are:

- Jumping Rope
- Fitness fun
- Throwing and Catching
- Kicking
- Volleying
- Striking with a Racquet
- Striking with a Stick
- Batting
- Dribbling and Passing
- Cooperative Games

Each plan in Fit&Fun provides the instructor with 45-minute sessions focusing on a specific skill. The skills are taught in progression so the sessions should be used in order.

The instructor needs a copy of Fit&Fun for Junior Girl Scouts: Adult Guide And Activity Cards. By completing 6 to 8 sessions of Fit&Fun activities the girls will also earn the Fit&Fun patch and the Fit and Fun Junior Girl Scout badge.

Fit&Fun activities can be used as part of troop meetings or other activity sessions. If this is the case it will take about 15 or 20 minutes to complete the Warm-Up, Cool-Down, Stretching and one to two activities.

Jumping Rope

Session 1: Jumping Rope: a 45-minute session that introduces girls to basic individual jump rope skills.

Session 2: Jumping Rope 2: a 45-minute session that continues the skills from session 1 and introduces new individual jumping skills to the girls including creating routines for jumping rope.

Session 3: Jumping Rope 3: a 45-minute session that builds on sessions 1 and 2. Girls begin to learn double jump rope techniques.

Session 4: Jumping Rope Double With Routines: a 45-minute session learning double jump rope skills and creating double jump rope routines.

Session 5: Team Jumping: a 45-minute session that teaches team jumping skills.

Session 6: Jump Rope Rhymes: a 45-minute session that uses the team jumping skills from session 5.

Session 7: Rope Skipping Games and Routines: a 45-minute session that uses the individual jump rope skills in relay games and includes practice of the different routines the girls have developed.

Session 8: Jump Rope Routines: a 45-minute session for the girls to practice routines they have developed. These routines will be put together for a performance for families, school or other Girl Scout group.

Session 9: Performance: a 45-minute performance for families, school or other Girl Scout group.



This program provides support and reinforcement for the following Commonwealth of Virginia Standards of Learning.

Physical Education Standards of Learning

- 4.1 The student will refine movement skills and demonstrate the ability to combine them in increasingly complex movement activities.
 - b) Demonstrate moving to a rhythm.
 - c) Perform smooth sequences that combine four or more of the following movements: traveling, balancing, rolling, and other types of weight transfer.
- 4.2 The student will understand and apply movement concepts and principles in complex motor skills.
 - a) Recall and demonstrate movement principles and concepts for selected motor patterns and combinations of skills.
- 4.5 The student will identify opportunities to participate in regular physical activity at home, at school, and in the community.
- 5.1 The student will demonstrate proficiency in movement skills and skill combinations in complex movement activities.
 - a) Perform complex educational gymnastic sequences, including travel, roll, balance, and weight transfer, with smooth transitions and changes of direction, speed, and flow.
 - b) Perform different types of rhythm/dance sequences.
- 5.2 The student will understand and apply movement principles and concepts in complex movement activities.
 - a) Apply movement concepts of body, space, effort and relationship to movement.
 - c) Identify and apply principles of practice to enhance performance.
- 5.5 The student will participate in establishing and maintaining a safe environment for learning physical activities.
 - a) Work independently and with others to improve learning during physical activity.
 - b) Display appropriate cooperative and competitive behaviors.
- 5.6 The student will identify and participate regularly in physical activities based on personal abilities and interests.
- 6.1 The student will demonstrate competence in locomotor, non-manipulative, and manipulative skill combinations and sequences in dynamic game, rhythmic, and fitness activity applications.
 - a) Combine locomotor and manipulative skills into specialized sequences, and apply sequences to partner and small group game-play.
 - b) Demonstrate putting complex movement sequences to rhythm.
- 6.4 The student will work independently and with others in physical activity settings.
 - a) Follow rules and safety procedures.
 - b) Use practice time to improve performance.
- 6.5 The student will identify and seek opportunities in the school, at home, and in the community for regular participation in physical activity.

Fit&Fun For Girls 8-11 Jumping Rope

Getting Started

To lead the following Fit&Fun sessions the adult leader will need a copy of the Fit&Fun for Junior Girl Scouts: Adult Guide And Activity Cards. Sessions are planned referencing the activity cards by number. Each session is designed to last approximately 45 minutes including Warm-Ups, Cool Downs and Stretches. Sessions can be adapted to the skill and progress of the group.

At the beginning of the Fit&Fun program the Information for Parents sheet on page 18 of the Adult Guide should be copied and sent home to parents. Parents will need to complete a Girl/Adult Health History (#2072) for their daughters. Girls will need to bring this completed signed form to the first session.

The Fit&Fun Take-Home Activity Chart on page 17 of the Adult Guide should be copied for each girl. She can take this home and keep a record of her Fit&Fun practice. By participating in at home practice the girl will complete one requirement for the Junior Girl Scout badge Fun and Fit.

By participating in all the sessions and activities the girls will earn the Fit&Fun patch and the Junior Girl Scout badge Fun and Fit. These awards will need to be ordered for each girl before the last session. Allow 4 weeks for delivery. Awards are ordered from the Skyline Shop in Roanoke or Charlottesville.

Girls need to wear appropriate clothing and shoes for the activities that will be done. This information needs to be communicated to the girls before the first session.

Before beginning a session

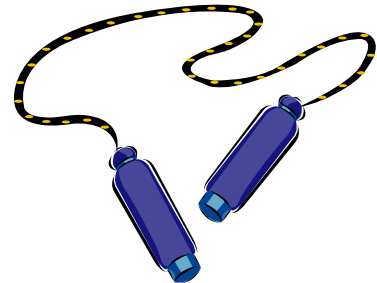
1. Review the activity cards for the session including a Warm-UP/Cool Down card.
2. Allow 20 to 30 minutes for activities the rest of the time will be spent in Warm-Ups, Cool-Downs and Stretches.
3. Review the activities and prepare the equipment and play area ahead of time.
4. Involve girls in the decision-making process whenever possible.

Materials Needed:

Girl/Adult Health History #2072 for each girl

Information for Parents for each girl

Take Home Activity Chart for each girl



Continued

5. Complete cards in order within a skill set.
6. Adapt or modify activities when needed.
7. Encourage girls to focus on the own efforts and progress instead of on the abilities of others.
8. Give lots of encouragement and praise.

Session 1: Jumping Rope

Getting Started

Review page 25 in the Fit&Fun book.

Check the girls clothing and shoes for appropriateness to the activity.

Activities:

Warm-Up: Skill Set 1 Card 2: How Low Can You Go—
Limbo page 26

Stretch: Stretch Card iv: Stretches: Thigh Stretch, Back of Thigh Stretch, Calf Stretch.

- Teach the girls how to stretch using the instructions for each stretch on stretch card iv. By the end of the sessions the girls should be able to tell you how they use the muscles they are stretching when jumping rope. The girls should also be able to lead the stretches at each session.

Skills:

1. Review the tips for jumping for individual jump rope (page 25). Give each girl a jump rope and tests its length for her height. Review the jumping techniques.
2. Safety Reminders—allow plenty of room between jumpers, check the girls' foot wear for appropriateness, stretch before and after jumping.
3. Skill Set 1 Card 3 Let's Jump
4. Skill Set 1 Card 4 Jump Boogie
5. Have the girls make up a jump rope routine to music.

Cool Down: Slowly jog or walk around play area.

Stretch: Stretch Card iv: Stretches: Thigh Stretch, Back of Thigh Stretch, Calf Stretch

Materials Needed:

Cassette or CD player and music—Caribbean calypso/steel drum for the limbo and lively music for the jumping to music activity.

Jump ropes – 1 per girl
Limbo sticks

Continued

If the shoe Fits, Wear It! (Activity #9 Fun and Fit Badge)

Talk with the girls about the kind of shoes that they need for safe participation in sports and fitness activities. Shoes that fit and provide support and cushioning for the foot. How do the girls know if their shoes fit?

- Stand on a piece of paper and trace your bare foot. Put your shoe on a piece of paper and trace your shoe. Cut out both shapes. Hold them together, sole to sole. Are they the same shape? Is your shoe a little longer in the toes? If not, it may be time for new shoes.

Record the group practice time on the group chart.

Remind the girls to practice at home and keep track of their practice time on the chart. Remind them to always Warm-Up, Cool-Down and stretch.

Session 2: Jumping Rope 2

Activities:

Warm Up: Skill Set 1 Card 2: How Low Can You Go—
Limbo page 26

Stretch: Stretch Card iv: Stretches: Thigh Stretch, Back of Thigh Stretch, Calf Stretch. Ask the girls to lead the stretches.

Activities:

1. Review the different ways to jump rope on Skill Set 1 Card 3 Let's Jump on page 27.
2. Skill Set 1 Card 5: Let's Jump 2 page 29
3. Try the Jump Boogie (Card #4 page 28) with the new jumps just learned.
4. Have the girls make up their own jumping routine to music using all the jumps that they have learned. Have one of the girls write it down so that it can be repeated at the next session.

Cool Down: slowly jog or walk around the play area.

Two pieces of paper for each girl. Pencil for each girl or 2 girls. Scissors for each 2 girls

Materials Needed:

Jump ropes – 1 per girl
Limbo sticks
Cassette player or CD player and music for limbo and lively music for jumping routines.



Paper and pencils

Continued

Stretch: Stretch Card iv: Stretches: Thigh Stretch, Back of Thigh Stretch, Calf Stretch. Have the girls take turns leading the stretches.

Record the group practice time on the group chart.

Remind the girls to practice at home and keep track of their practice time on the chart. Remind them to always Warm-Up, Cool-Down and stretch. If the girls make a commitment to jump rope three to five times for 2 weeks and keep track of their jump rope time they will complete activity # 6 Get Moving of the Fun and Fit Badge.

Session 3: Jumping Rope 3

Getting Started:

In this session you will ask the girls to create their own warm up routine. They will need to use movements that are similar to the jump rope activity. They should start the warm up by walking around slowly, add the movements they have chosen and slowly pick up speed. By doing this they will complete activity #3 'Warm Up' of the Fun and Fit Badge.

Warm Up: Use the warm up the girls have created.

Stretch: Stretch Card iv: Stretches: Thigh Stretch, Back of Thigh Stretch, Calf Stretch. Have girls lead the stretches. Ask them about the muscles they are stretching and how they use them jumping rope.

Activities:

1. Review the different ways to jump rope on Skill Set 1 Card 3 Let's Jump on page 27 and Card 5 Let's Jump 2 on page 29.
2. Do the jump rope routine created at the last session.
3. Double Jump, Skill Set 1 Card 6 page 30

Cool Down: slowly jog or walk around the play area.

Stretch: Stretch Card iv: Stretches: Thigh Stretch, Back of Thigh Stretch, Calf Stretch. Have one of the girls lead the stretches.

Practice Chart and marker.

Materials Needed:

Cassette or CD player for music for stretches and jumping routines
1 jump rope per girl
1 10'-12' rope for every two girls

Continued

Record the group practice time on the group chart.

Remind the girls to practice at home and keep track of their practice time on the chart. Remind them to always Warm-Up, Cool-Down and stretch. Ask them how they are doing on their at home practice toward the badge requirement for Fun and Fit. Practice records will be turned in at the last session.

Session 4: Jumping Rope Double With Routines

Warm Up: Use the warm up the girls have created.

Stretch: Stretch Card iv: Stretches: Thigh Stretch, Back of Thigh Stretch, Calf Stretch. Have girls lead the stretches. Ask them about the muscles they are stretching and how they use them jumping rope.

Activities:

Skill Set 1 Card 6:

1. Review the double jumping from last session. Have the girls practice jumping together with one of them turning the rope and side by side with each turning on end of the rope.
2. Have the girls run together while jumping.
3. Try jumping back to back.
4. Have 2 sets of partners get together and create a short jumping routine. The girls should write down the routine so that they can remember it for the next session.
5. Share the routines. Have the girls choose one for all to learn.
6. Learn the new routine.

Cool Down: slowly jog or walk around the play area.

Stretch: Stretch Card iv: Stretches: Thigh Stretch, Back of Thigh Stretch, Calf Stretch. Have one of the girls lead the stretches.

Record the group practice time on the group chart.

Remind the girls to practice at home and keep track of their

Practice Chart and Marker

Materials Needed:

Cassette or CD player
music for stretches and
jumping routines
1 jump rope per girl
1 10'-12' rope for every
two girls

Paper and pencils for each
pair.



Continued

practice time on the chart. Remind them to always Warm-Up, Cool-Down and stretch. Ask them how they are doing on their at home practice toward the badge requirement for Fun and Fit. Practice records will be turned in at the last session.

Session 5: Team Jumping

Getting Started:

Before the session copy the instructions for the routine the group learned at the end of the last session on to a large piece of paper that you can post so the girls will be able to have prompts to remind them of the routine.

Review Skill Set 1, Card 7, Team Jumping. Review Tips for Jumping—Group Jump Rope on page 25.

Create a fair way to rotate turners and jumpers throughout the team jumping so all get a change to do everything.

Warm Up: Use the warm up the girls have created.

Stretch: Stretch Card iv: Stretches: Thigh Stretch, Back of Thigh Stretch, Calf Stretch. Have girls lead the stretches. Ask them about the muscles they are stretching and how they use them jumping rope.

Activities:

1. Begin with the double jump routine learned at the end of the last session. Have the girls practice long enough so that they could perform this for their parents at the end of the sessions. Ask the girls if they would like to use music with it. Select music.
2. Skill Set 1, Card 7: Team Jumping. Show the girls how to turn the rope with two turners. Share with the girls the Tips for Jumping—Group Jump Rope on page 25. Explain how the group will rotate jumpers and turners.
3. Do Activity 1 on Card 7. Repeat until the girls are comfortable with the skill.
4. Do Activity 2 on Card 7. Continue until each girl has

Practice Chart and Marker.

Materials Needed:

Cassette or CD player
music for stretches and
jumping routines
1 jump rope per girl
1 10'-12' rope for every
two girls

Copy of the directions for
the routine on a large
piece of paper.
Suggestions for music for
the routine.

Length of heavy
clothesline (14'-16' for
every 6 to 8 girls)

Continued

had at least one turn.

Cool Down: slowly jog or walk around the play area.

Stretch: Stretch Card iv: Stretches: Thigh Stretch, Back of Thigh Stretch, Calf Stretch. Have one of the girls lead the stretches.

Record the group practice time on the group chart.

Remind the girls to practice at home and keep track of their practice time on the chart. Remind them to always Warm-Up, Cool-Down and stretch. Ask them how they are doing on their at home practice toward the badge requirement for Fun and Fit. Practice records will be turned in at the last session.

Session 6: Jump Rope Rhymes

Getting Started:

Write the Jump Rope Rhymes on Skill Set 1 Card 8 on large pieces of paper so that the girls can learn them, if they do not know them. Bring extra large paper and markers so that the girls can write out rhymes that they know for the rest of the group to learn.

Warm Up: Use the warm up the girls have created.

Stretch: Stretch Card iv: Stretches: Thigh Stretch, Back of Thigh Stretch, Calf Stretch. Have girls lead the stretches. Ask them about the muscles they are stretching and how they use them jumping rope.

Activities:

1. Review Activity 1 and Activity 2 from Skill Set 1 Card 7. Have the girls practice until they are comfortable with the skill.
 2. Share the jump rope rhymes with the girls. Have them choose one to start with or choose one that they know. Use the rhyme for team jumping-rotating until all have had a turn.
 3. During this time if girls want to work on individual routines or double routines it is fine to let them practice. At the end of the session review one of the individual jumping routines or the team routines.
- Cool Down: slowly jog or walk around the play area.

Practice Chart and Marker

Materials Needed:

Cassette or CD player and music for stretches and jumping routines
1 jump rope per girl
1 10'-12' rope for every two girls
Length of heavy clothesline (14'-16' for every 6 to 8 girls)



Continued

Stretch: Stretch Card iv: Stretches: Thigh Stretch, Back of Thigh Stretch, Calf Stretch. Have one of the girls lead the stretches.

Record the group practice time on the group chart.

Remind the girls to practice at home and keep track of their practice time on the chart. Remind them to always Warm-Up, Cool-Down and stretch. Ask them how they are doing on their at home practice toward the badge requirement for Fun and Fit. Practice records will be turned in at the last session.

Session 7: Rope Skipping Games and Routines

Getting Started:

During this session you will be setting up the rope-skipping relay on Skill Set 1 Card 9. The girls will use different locomotor skills while jumping to help their team finish first.

At the beginning of this session you will be doing the Fancy Footwork requirement #10 of the Fun and Fit badge. When this requirement is complete and the girls bring in their at home practice charts at the next session they will have earned the Fun and Fit badge.

Activity:

Fancy Footwork: Flat feet need shoes that give extra support. High arches require shoes with extra cushioning. Take the watermark test to see what kind of feet you have.

1. Have the girls take their shoes and socks off. Have a bucket with a little water in it. The girls put their feet into the bucket one at a time. Place each wet foot on the brown bag. There should be just enough water to leave a footprint, not so much as to make a mess.
2. Reading the footprint: If the footprint looks like a pancake with toes, you have flat feet. If there is little or no connection in the footprint between the front part of the foot and the heel, you have a high arch. Have the girls compare their footprints. Talk about the kind of shoes that help support different types of feet.

Group Chart and Marker.

Materials Needed:

Cassette or CD player and music for jumping routines and warm ups and cool downs

1 jump rope per girl
1 10'-12' rope for every two girls

Length of heavy clothesline (14'-16' for every 6 to 8 girls)

Chalk or tape to mark two 15' lines 20'-30' apart

Several buckets, water, a brown paper bag for each girl and towels for drying off.

Continued

3. Have the girls dry their feet, put their shoes and socks back on.

Warm Up: Use the warm up the girls have created.

Stretch: Stretch Card iv: Stretches: Thigh Stretch, Back of Thigh Stretch, Calf Stretch. Have girls lead the stretches. Ask them about the muscles they are stretching and how they use them jumping rope.

Activity:

1. Follow the directions on Skill Set 1 Card 9 from the rope skipping relay. Give the girls a chance to practice the different skills before the relay starts.
2. Cool Down: slowly jog or walk around the play area.
3. Stretch: Stretch Card iv: Stretches: Thigh Stretch, Back of Thigh Stretch, Calf Stretch. Have one of the girls lead the stretches.
4. At the end of the session have a celebration for the winning teams. You might want to plan a healthy snack for everyone at the end of this session.
5. Record the group practice time on the group chart.
6. Remind the girls to practice at home and keep track of their practice time on the chart. Remind them to always Warm-Up, Cool-Down and stretch. Ask them how they are doing on their at home practice toward the badge requirement for Fun and Fit. Practice records will be turned in at the next session.

Session 8: Jump Rope Routines

Getting Started:

During this session the girls will prepare different jump rope routines and demonstrations for a performance for their families, other Girl Scouts or school groups. This will be the last session except for the performance.

The Fit&Fun patches and Fun and Fit badges for each girl should be ordered from the Skyline Shop in Roanoke or Charlottesville.



Healthy snack for each girl for the relay completion celebration.

Group Chart and marker.

Materials Needed:

Cassette or CD player and music for Warm-Ups, Cool-Downs and jumping routines

1 jump rope per girl

1 10'-12' rope for every

two girls Length of heavy clothesline (14'-16' for every 6 to 8 girls)

Continued

Presentation of these awards should be done at this session or at the performance.

Bring the large pieces of paper with the routines and jump rope rhymes recorded. Bring any other notes the girls have written about the routines.

A note needs to be developed and copied so that it can be sent home with the girls to their families. If the performance is for the families then it should be an invitation with the time and place and the details. If it is letting the parents know that the girls will be performing for the school or other Girl Scouts the notes should contain information and a parent permission form for the activity if it is taking place at a different time and place than the regular session

Activities:

Talk to the girls about the performance, when it will be and who it will be for. Tell them that at this session they will choose routines to perform. They will need to have routines to show each of the kinds of jumping rope that they have learned. Have the girls decide what they want to perform and who will be doing each routine. Be sure that every girl has a part.

If this is the last session and there is to be no performance, then the girls will be reviewing and performing for themselves and celebrating their success.

1. Warm Up: Use the warm up the girls have created.
2. Stretch: Stretch Card iv: Stretches: Thigh Stretch, Back of Thigh Stretch, Calf Stretch. Have girls lead the stretches. Ask them about the muscles they are stretching and how they use them jumping rope.
3. Practice the routines the girls have chosen. During this time the program will need to be written down so the girls know the order of the routines.
4. Have a run through of the performance.
5. Cool Down: slowly jog or walk around the play area.
6. Stretch: Stretch Card iv: Stretches: Thigh Stretch,

A big piece of paper and a marker to record the routines to be done and the girls who will be doing them.



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PROGRAM LIFESAVERS EVALUATION

(Must be completed by adult responsible for implementing the Program Lifesaver.)

Name: _____

Day phone: (____) _____ Evening phone: (____) _____

Email address: _____

Name of group: _____ Troop/Group number: _____ Service unit: _____

Dates used: ___/___/___ to ___/___/___ Place used: _____

Name of Program Lifesaver used: _____

Number of participants by program level:

_____ Daisy _____ Brownie _____ Junior _____ Cadette _____ Senior _____ Adult

Was this Program Lifesaver easy to use? _____ Yes _____ No Explain:

Was it appropriate for your group's age level? _____ Yes _____ No Explain:

Did the activity sessions take the amount of time indicated? _____ Yes _____ No Explain:

Would you recommend this Program Lifesaver to others? _____ Yes _____ No Explain:

What activities did the girls like best?

Girl comments about the program:

Adult comments about the program:

Please complete & return this form to:

Girl Scouts of Virginia Skyline Council, 3663 Peters Creek Road, NW, Roanoke, VA 24019