

PDC Plan (first 4 classes): Jump Rope

Programming Day Card - 1

Warm Up: Sharks and Minnows

Skill/Review: Solo Jumping

Drill: Basic Jumping / Jog Jump

Games:

1. Soda Fountain
2. Cinderella - Rhyme
3. Don't Mess Up
4. Ice Cream - Rhyme
5. Relay Races
6. Bubble Gum - Rhyme

Things to Consider:

Facility, Age Group, Enrollment, Skill Level, Equipment

Programming Day Card - 3

Warm Up: What Time is it Mr. Fox

Skill/Review: Solo Jumping

Drill: Backwards Jump/Crisps-Cross Jump

Games:

1. Helicopter
2. I Had a Little Puppy - Rhyme
3. Speed Jump
4. Strawberry Shortcake - Rhyme
5. Simon Says / Limbo

Things to Consider:

Facility, Age Group, Enrollment, Skill Level, Equipment

Programming Day Card - 2

Warm Up: Lilly Pad Leap

Skill/Review: Group Jumping

Drill: Turning the Rope

Games:

1. Leap Frog Jumps
2. Teddy Bear - Rhyme
3. Banana Split
4. 3 Blind Mice - Rhyme
5. Hide the Pom
6. Alphabet Soup

Things to Consider:

Facility, Age Group, Enrollment, Skill Level, Equipment

Programming Day Card - 4

Warm Up: Red Light, Green Light (w/Ropes)

Skill/Review: Group Jumping

Drill: Running In and Out

Games:

1. Mouse Trap
2. Here Comes Mrs. Smith - Rhyme
3. School
4. Jack Be Nimble - Rhyme
5. Cat and Mouse / Stack'm Up

Things to Consider:

Facility, Age Group, Enrollment, Skill Level, Equipment