

## ROWDY ROPES

Typically, rope-jumping activities provide for vigorous, total body conditioning. Moreover, for young children, such activities provide an opportunity for a new movement experience with another medium to manipulate. This unit will explore many physical parameters that will strengthen and develop basic motor coordination, physical fitness, motor planning, rhythm and timing, balance, and flexibility.

Integrated heavily throughout this unit are school readiness skills, such as listening, following two or three task directions, letter and sound recognition, shapes, creativity, and cooperation.

The format of Rowdy Ropes is:

*Rope Get 'Ems* – Rope acquisition and exploration.

*Flat Rope Exploration* – Vigorous activities to promote fitness via locomotor skills.

*Rope Wrangling* – Letter-of-the-day focus with ropes, also allowing for a short rest.

*Rope Shapes* – Shape formation with ropes with locomotor skills practice.

*Rope Activities* – Simple activities utilizing rope skills.

*Rope Closure* – Lesson closure, prompted discussions, recognition of staying on task.

### SAFETY, MANAGEMENT, AND TEACHING HINTS

- Important safety cues are provided in the first lesson. At no time are children allowed to swing the rope overhead like a helicopter. This is a major safety concern.
- A wooden floor, blacktop, or cement surface is preferred; however, activities may be done on very short grass. A clean surface upon which to lie is needed periodically.
- If possible, scatter ropes within the boundaries of your play area before children arrive, or have children wait briefly outside boundaries while you spread the ropes a safe distance apart from one another on the ground. Then send children to stand by a rope. Poly spots are optional for this unit; use if needed.
- It is highly recommended to use the visual aid cards located in the appendix for children to visualize the correct shape, letter, or pathway to draw. A "▶" in the organization column denotes suggested time use the cards.
- Recruit some volunteers, parents, or aides to help on some lessons, to decrease waiting time.
- Caution children not to stand on rope handles (knots) because falls may occur.
- Although music is not written into this unit, consider using background music to start and stop activity and motivate the class.
- Collect ropes at the conclusion of every lesson by having children bring you one end of their rope. Once all have been collected, tie all ropes into a giant knot and store.
- This unit focuses mainly on flat-rope activities; instructors may choose to add additional long-rope activities if desired.

### EQUIPMENT NEEDS

1 nylon rope/child, 1 long rope, 4 cones

Optional: 1 poly spot/child, music player and music

## UNIT: ROWDY ROPES

## LESSON: 1

## OBJECTIVES

Flat rope skills, physical fitness,  
locomotor skills, listening

## EQUIPMENT

1 rope/child, 1 fluffball/child,  
4 cones

ACTIVITY	ORGANIZATION	TEACHING CUES
<b>Establishing Personal Space</b>	<p>-INDIVIDUAL DAY-</p> <p>-Individual ropes scattered within play area with ample space.</p> <p>-Share your objectives and behavioral expectations with the children <u>before</u> sending them to a rope. Ropes are not to be used as a lasso.</p>	<p>-Our new unit is called, 'Rowdy Ropes.' Before we begin, let's discuss how to be safe.</p> <p>-We need to have a lot of space because the rope is long and it will hurt if it hits you or someone else! So use your rope carefully.</p> <p>-Whenever I talk, lay your rope down and be a good listener.</p>
<b>Rope Get 'Ems</b>	<p>-Help those who are having a difficult time spreading their rope out safely.</p> <p>-Praise those who follow directions.</p>	<p>-When I start <u>jumping</u> on two feet, <u>walk</u> quickly to a rope and get ready to listen for some fun ideas.</p> <p>-Let's use our pretend chalk and draw a straight line in the air. Can you say the word "straight"? Now take your rope and make it into a straight line on the ground.</p> <p>-Now we are ready to explore with our ropes.</p>
<b>Flat Rope Exploration</b>	<p>-Children practice different movement skills with rope.</p> <p>-Prompt challenges, demonstrate; then cue children to practice.</p>	<p><b>Can you:</b></p> <p>-<u>Walk</u> forward, along the side of your rope, to the end and back?</p> <p>-<u>Walk</u> backwards? Look over your shoulder!</p> <p>-<u>Hop</u> on one foot down one side of the rope, then change to the other foot when it's time to come back?</p> <p>-<u>Jump</u> over the rope from side to side like a skier?</p>

## UNIT: ROWDY ROPES

## LESSON: 1 (Continued)

ACTIVITY	ORGANIZATION	TEACHING CUES
<b>Rope Wrangling</b>  <b>“C”</b>	<p>-Children manipulate rope into the letter “C.”</p> <p>▶ Refer to the visual aid cards located in the appendix.</p> <p>-Prompt children to think of words with the beginning /c/ sound.</p>	<p>-Look at my card, it has the letter C on it. Let’s do some C activities!</p> <p><b>Can you:</b></p> <p>-Air write the letter C?</p> <p>-Make your hand look like a C?</p> <p>-Make your rope look like a C?</p> <p>-<u>Walk</u> and touch 3 other C letters?</p> <p>-Make your body look like a C?</p>
<b>Rope Shapes</b>  <b>Circle</b>	<p>-Children manipulate rope into the shape of a circle.</p> <p>▶ Refer to the visual aid cards located in the appendix.</p>	<p>-Make the shape of a circle with your rope. Stand inside of it.</p> <p><b>Can you:</b></p> <p>-<u>Jump</u> out of your circle? Back in?</p> <p>-<u>Walk</u> at a low level around the outside of your circle?</p> <p>-<u>Hop</u> in and out of your circle?</p> <p>-<u>Jump</u> over your circle? Try again.</p>
<b>Rope Activities</b>  <b>Baby Rabbits</b>	<p>-Ropes in circle formation, child in rope center.</p> <p>-Children stay in rabbit hole until cued to find the baby rabbits (fluffballs).</p> <p>-Encourage correct jumping form when jumping out of rabbit hole. Watch for knees bent on the landing.</p>	<p>-Make a circle and squat down in it. This is your rabbit hole. The fluffballs that I am throwing in our area are pretend baby rabbits. They have sneaked out your rabbit hole.</p> <p>-When I say, “Baby rabbits, where are you?” Jump out of your rabbit hole and find a baby rabbit to take back to your hole.</p> <p>-Once all the baby rabbits are back in their holes, we’ll do it again. We’ll pretend to be asleep so the baby rabbits can sneak out again.</p>
<b>Rope Closure</b>	<p>-Collect ropes and lead children in a brief cool-down, reviewing a few key points of the day.</p>	<p>-Great listening today. Let’s stretch and talk about safety with ropes?</p>