

Jump Rope

Category: Psychomotricity

ORGANISATION OF THE EXERCISE

Duration: 30 minutes

Arrangement: According to the different phases

Age: 5 to 6 years old

Materials: Ropes (one rope per group of three children)

Objective(s): To develop children's physical abilities and coordination.

CONDUCT OF THE EXERCISE

Motivation for the Exercise:

The educator introduces the activity by saying:

"Yesterday, I saw some neighborhood children playing a very fun game. They were using a rope and jumping over it. Have you ever played jump rope?"

Exercise:

The educator divides the class into groups of three. Each group receives a rope.

- Two children hold the ends of the rope and swing it steadily.
- The third child jumps in the middle, trying not to touch the rope.
- The children rotate roles so that each child has a chance to jump and turn the rope.

After a short practice period, a friendly competition is held.

- Children take turns jumping.
- Any child who touches the rope is eliminated.
- The last remaining jumper wins the game.

Assessment of Learning:

The educator observes children's participation and coordination during the activity.