

*Welcome* to *Rene Bibaud's Complete Guide to Rope Jumping DVD*. I'm pleased to offer teachers, or anyone working with youth, a tool chest of foundational skills for a successful rope jumping program.

So often in rope jumping, the focus is on the big tricks. Those are harder to attain in a typical PE or after-school setting. My method focuses on a lot more measures of success. As kids develop confidence and experience the joy of rope jumping, you'll notice them practicing self-management and breaking down skills on their own.

It was important to me to create a fundamentals DVD that's fun and engaging. There's no doubt that, as in any sport, the more you can master the fundamentals, the more likely you'll progress more seamlessly to the more challenging aspects of the activity. So, I've taken the time to focus on those fundamentals while still providing you with some tools for those kids who've mastered things quickly.

Please take advantage of the skill development in the DVD and use the written lesson outlines as a guide for delivering an effective program to your students.

## 'Smart Sequencing'

Smart sequencing is a term I've developed that explains the rationale of the order of the skills I teach. You might feel as though I bounce around a bit in the delivery of skills—that's on purpose! Over the years as I witnessed both boys and girls with a variety of learning styles, interest levels, and other intangible components, I started experimenting with the sequence of skill progressions. I found that it wasn't always crucial to teach all of the footwork skills back to back or arm-action progressions all in the same lesson. I realized that kids need a good variety of foundational skills to keep them smiling, engaged, and challenged. Once the progression of skills was established, I've found it exciting for virtually any class I've taught—from elementary school students to professional athletes. I hope you'll take advantage of the smart sequencing described in the following section.

## *Rene's Tool Chest*

As you progress through the foundational skills, keep in mind some additional layers and components that will help you keep students of various skill levels challenged and engaged. Here are some ideas to keep the foundations interesting for all.

**Mastery.** As students learn any foundational skill, encourage them to master it. Mastery means

1. you can do the basic bounce before the skill,
2. you can perform the skill three times while keeping the basic bounce rhythm, and
3. you can do the basic bounce after it.

When students tell you that they've got it, ask them if they can master it!

**Add-on Challenges.** You can layer on four challenges to just about any skill. Ask students who quickly master things to choose an add-on layer. The following are the add-on challenges:

1. Perform the skill while jumping backward.
2. Perform the skill while moving through space.
3. Perform the skill with a cross.
4. Perform the skill with a double under.

*Motivation.* A great rope jumping program starts with getting the kids excited about the possibilities. Can you do a short routine? How about showing your students some motivational pieces from the DVD? Or even better, invite the Ropeworks team or Rene Bibaud to do a motivational assembly for your students. Whatever it is, some highlights on this growing sport will get your kids excited and ready to jump.

*Character.* Please remember that rope jumping can be quite challenging for students. I continually remind kids of the following:

- Do your best.
- Focus on your own progress, not the other students around you. We are all unique and have different experiences with rope jumping, so take it at your own pace!
- Mistakes are normal and part of learning. If you make a mistake, think about it. What can you do differently next time? Can you break down the skill a little more? Can you ask a friend to help you?

These lessons about goal setting and best effort go a long way in helping kids develop a sense of confidence and self-management.

*Sincerity.* My teaching style has always focused on being sincere. I don't give false praise, but I do look for any opportunity to recognize successes. I call these frequent small successes. As you follow the teaching outline, you'll find more opportunities for kids to find success. You'll point them out to your students as well as recognize best effort, goal setting, and avoiding comparisons—all crucial parts of the learning process.

*Fundamentals.* The more kids can learn a solid base of rope jumping skills, the more likely they'll be able to transition to the advanced skills later on. So, don't move too quickly. Just as a basketball coach revisits the fundamentals over and over, I encourage you to keep focusing on the foundational skills in this DVD. I have included more intermediate-level skills in the DVD for those kids who've mastered things quickly. **But** you'll notice that I don't spend any time describing those skills. That's because kids who are ready to move on to more challenging skills should have already learned the concept of breaking skills down; if they are proficient in their fundamentals, they should be able to watch the skill being performed and work independently on mastering it.

## About the DVD

This DVD program takes you through a detailed sequence of skills as well as the method I use in teaching each skill. You may choose to watch all of the DVD or simply tab through to skills you struggle with teaching. I hope you'll take time when you have it to watch most of the lessons. We've started each skill with a short demonstration. That way you can take a look at it quickly. Then, if you choose to, you can watch the lesson on how I break down the skill. At the end of most skill lessons is an add-on challenge. This is simply a more challenging skill that involves techniques of the foundational skill. So if a child has mastered the fundamental move, you can offer the intermediate skill as a next step. The following lesson plan includes parentheses around any add-on challenge next to the foundational skill, so keep watching if you'd like to view the add-on.

## About the Lessons

The following are three lesson outlines that you may choose to run over a series of weeks or days, depending on how often you see your students. The amount of time you spend will depend on your specific setup. Refer to the instructional DVD for actual skill techniques and skill breakdown. Please modify according to your length of class and the number of times you meet.

### Lesson 1

Equipment: One single jump rope per student, music, one long rope.

*Discuss character:*

- Best effort
- Self-pacing
- Mistakes are OK!

*Discuss expectations:*

- Hold rope still when teacher or another student is talking or demonstrating.
- Look around you before you jump.
- Have fun.

Skill development—15 minutes

- Sizing your rope
- Ready position
- Swing and catch (I also call this rainbow, since the rope makes a rainbow overhead.)
- Basic bounce
- Side swing (And side swing patterns. Discuss patterns, and let students create their own.)

- Jumping jax (Add-on is jack X.)
- Full twist (Add-on is advanced full twist.)
- Cross (Add-ons are continuous cross, side-swing cross, and cross-cross.)
- One-foot hop
- Jogging step (Add-on is swing kick.)
- Walk the dog
- Pretzel

Big little—5 to 10 minutes

*Discussion on teamwork:* A good partner is kind, patient, helpful, and understanding.

- Find a partner and jump big little style. (Big little means partner 1 has a rope, and partner 2 is in front of partner 1 jumping without a rope.)
- How many jumps can you do together?
- Can your partner turn around, jump on one foot, or do the jumping jax? Now create a short routine with your partner.

Long rope—10 minutes

- Run and leap over static rope. All students move through line.
- Run and leap over rope quickly.
- Run and leap through a back-door turning rope.
- Do rapid fire.

Personal best—5 minutes

Allow students to see how many jumps they can do in a row. Each time they try, they attempt to beat their own personal best score. Kids love this activity. Emphasize that this is a personal competition, not one against other kids in class.

Review skills with a few demonstrations; return ropes, and dismiss—2 minutes

## Lesson 2

Equipment: One single rope per student, approximately five long ropes.

Review skills from previous lesson with student demonstrations—5 minutes

Personal best—5 minutes

New skill progression—5 to 10 minutes

- Can-can (Add-on is up-and-over can-can.)

- Skier (Add-on is skier double-under.)
- Bell (Add-on is bell while moving.)
- Scissors (Add-on is scissors going backward.)
- Watermelon (Add-on is watermelon 360.)
- Texas star (Add-on is Texas star while moving.)
- Pretzel cross (Add-on is pretzel cross switches.)
- Front back cross (Add-on is front back cross with double-under.)

Create a big buddy routine—10 minutes

- Create a beginning pose.
- Choose at least two skills to do together.
- Choose an ending position.
- Practice and be ready to show the class.

Group long rope—10 minutes

- Add another pair of buddies to create a group of four.
- Practice turning and jumping into a long rope.
- Can you do a ball toss?
- Can you jump in and out?
- Take turns and work on perfect turning.

Personal best—5 minutes

- Students who can jump for over 100 jumps can challenge themselves to see how *long* they can jump versus how *many* jumps they can do.
- Allow students who have beat their personal best to sign a personal best poster.

### Lesson 3

Review skills from previous lesson with student demonstrations—5 minutes

New skill progression—10 minutes

- Helicopter (Add-on is body wrap and blender.)
- Double-up
- Spread eagle (Add-on is spread eagle with cross.)
- Cossack (Add-on is Cossack with cross.)
- Push-up (Add-on is push-up whip.)
- Double-under (Add-ons are double-under with cross, double-unders in a row, and triple-under.)
- 180 turn
- 360 turn (Add-on is mad dog 360.)
- Kick and catch

Personal best competition—5 minutes

- Start incorporating some basic skills the kids have learned. Call out skills. Students must perform the skill one time and then return to basic jumping. If they do not remember the skill, they can look at other students or the teacher for cues. But they must keep jumping.

Long rope stations—10 minutes

- Work on jumping into a back-door rope in preparation for double Dutch.
- Practice getting in and out of long rope. Focus on elements of teamwork.
- Teacher works at separate station on double Dutch for kids in third grade and up.

Review skills—5 minutes

In additional lessons, students create a three-skill routine. Those who can master more than three skills can add more skills. Also, students work on other types of partner routines, such as shared rope and side by side.

Encourage kids to share their routines at the school talent show, or hold a special assembly for kids to share their skills.