

FUN FITNESS CIRCUITS



February – Jump Rope for Heart



Heart health is crucial for proper development and regulation of the entire body. There are three key components to maintaining a healthy heart: eating healthy, getting active, and living smoke-free. Jump rope gets students active for heart health (also fits in well with Valentine's Day). Please refer to the schematic in the Fun Fitness Guidelines for ideas on how to structure the stations around a gymnasium.

Activities adapted from [The Heart and Stroke Foundation](#).

Station 1: Caribou Skipping (Adaptation of an Inuit game)

Equipment: Long skipping rope (1 per group of 3 students), 1 pinnie tied around the middle of the rope

1. Divide students into groups of three so there is one jumper and two rope turners. The jumper stands in the middle of the rope facing the pinnie ready to jump over the rope.
2. The turners slowly swing the rope back and forth three times along the ground (the pinnie should remain on the floor) while the jumper jumps over it. When the jumper lands they should turn to face the pinnie so they are ready to jump over it again.
3. On the fourth swing the turners swing the rope over the jumper's head. The pattern is therefore 1-2-3-over, 1-2-3-over.
4. The jumper repeats this pattern twice, then the group rotates jumper and turners.
5. Rotate until time is up.

Option: Students with developing skills can keep the rope on the ground during the fourth swing.

Station 2: Skip/Hop Square Dance

Equipment: Skipping ropes (1 per student)

Students use their skipping ropes to complete the following skipping dance steps.

1. On 1 foot foot, students perform the following dance steps:
 - a. Skip in place four times
 - b. Skip forward four times
 - c. Skip backwards four times
 - d. Skip to the right four times
 - e. Skip to the left four times
 - f. Repeat using the other foot only
2. Repeat until time is up.

Option: Students with developing skills can hop the moves without a skipping rope either using both feet or one foot.

Station 3: Skipping Tricks (Jumps/Kicks)

Equipment: Skipping ropes (1 per student)

Students attempt different skipping tricks involving jumps and kicks.

1. Jump Tricks:
 - a. Ski Jumps: While skipping, students jump with feet together moving from side to side (like mogul skiing).
 - b. Bell Jumps: While skipping, students jump with feet together moving front to back.
2. Kick Tricks:
 - a. Criss Cross: While skipping, students jump making an X pattern with their feet (jump, cross, jump, cross) and alternate the cross each jump – left foot behind right foot on first cross, right foot behind left foot on next cross.
 - b. Can Can: While skipping, students kick one leg out in front of them with each jump, switching legs each time (jump, right leg kick, jump, left leg kick, etc.).

Option: Students with developing skills can practice with an imaginary rope.

Station 4: Run and Skip

Equipment: Skipping ropes (1 per student)

1. Students try any forward movement (walking, running, etc.) while skipping.
2. To give students space to move students can use the perimeter of the running track.

Option: students with developing skills can skip or hop without a rope.

Station 5: Freestyle Skipping

Equipment: skipping ropes (1 per student)

1. Students can practice skipping or try their own skipping tricks.
2. Some trick ideas include:
 - a. backwards
 - b. crossovers
 - c. double time
 - d. one foot

Station 6: Hoop Skipping/Jumping

Equipment: large hula hoops (1 per student)

1. Students stand with both hands on the top of a hula hoop in front of them. The bottom of their hula hoop should be on the ground.
2. Students use their hands to rotate the bottom of the hula hoop under their feet so they can jump over it. They continue to rotate so that the hula hoop and comes back around behind them and over their heads, just like a jump rope.
3. Students continue until time is up.

Option: students with developing skills can place their hula hoops on the floor and practice jumping in and out of it.

Station 7: Partner Skipping

Equipment: skipping ropes (1 per pair)

1. Students get into pairs and stand face to face or side by side.
2. Students standing face to face pick one person in the pair to be the rope turner. The turner swings the rope over both of their heads, as they jump over it together. Students switch who the turner is after five jumps.
3. The students standing side by side each take an end of the rope in either their right or left hand, using their empty hands to hold onto one another. The students countdown to begin (ready, set, go). The students swing and jump over the rope together.

Option: students with developing skills can try this activity with the rope on the ground. They can hold hands and jump at the same time.

Station 8: Skip It

Equipment: skip-it ropes or small hula hoops

1. Students put their foot through the skip-it rope or the hula hoop.
2. Students swing their leg that is through the skip-it or the hula hoop in a circle, using this momentum to get the ball or hula hoop moving (try to keep it on the ground).
3. The students jump over the ball or hula hoop each time it loops around to the opposite leg.
4. Repeat until time is up.

Option: students with developing skills can jump back and forth over the rope part of the skip it or jump in an out of the hula hoop.

Station 9: Water Break

Equipment: water fountain or water bottle

1. Students can take a break, get a drink of water or dance.

Caribou Skipping

Equipment: Long skipping rope, a pinnie

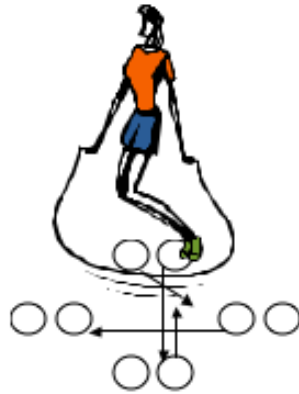


1. Form a group of 3. Choose 1 jumper and 2 rope turners.
2. Turners slowly swing the rope back and forth 3 times along the ground (the pinnie should remain on the floor). The jumper stands facing the pinnie and jumps over the rope each swing, turning to face the pinnie with each jump.
3. On the fourth swing the turners swing the rope over the jumper's head. The pattern is 1-2-3-over.
4. The jumper repeats this twice, then the group rotates jumpers.
5. Rotate until time is up.

Option: Keep the rope on the ground the whole time.

Skipping Square Dance

Equipment: Skipping ropes



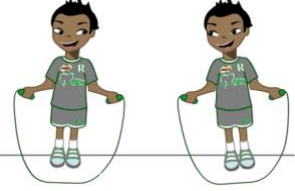



1. Use a skipping rope to complete the following skipping dance steps:
 - a. Dance steps using only one foot
 - b. Skip in place 4 times
 - c. Skip forward 4 times
 - d. Skip backwards 4 times
 - e. Skip to the right 4 times
 - f. Skip to the left 4 times
 - g. Repeat using the other foot

2. Repeat time is up.

Option: Try hopping the moves without a skipping rope either using both feet or one foot.

Skipping Tricks

Equipment: Skipping ropes

Jump Tricks	<p style="text-align: center;">Ski Jumps</p> 	<p style="text-align: center;">Bell Jumps</p> 
Kick Tricks	<p style="text-align: center;">Criss Cross</p> 	<p style="text-align: center;">Can Can</p> 

1. Try skipping tricks below:
2. Jumping Tricks
 - a. Ski Jumps: While skipping, jump with feet together from side to side.
 - b. Bell Jumps: While skipping, jump with feet together front to back.
3. Kicking Tricks
 - a. Criss Cross: While skipping, make an **X** pattern with your feet (jump, cross, jump, cross, etc.).
 - b. Can Can: While skipping, kick one leg out with each jump, switching legs each time (jump, kick, jump, kick, etc.).

Option: Try the jumps and kicks without a jump rope.

Run and Skip

Equipment: Skipping ropes



1. Skip while moving forward along the running track (could be walking, jogging, running, etc.).
2. Repeat until time is up.

Option: Try skipping or hopping around the track without a skipping rope.

Freestyle Skipping

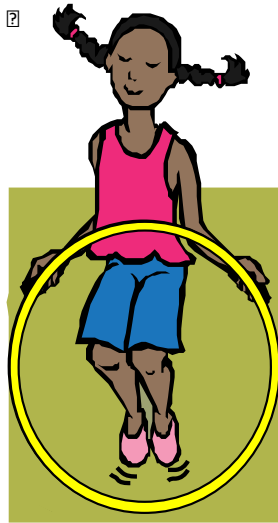
Equipment: Skipping ropes



1. Practice skipping or try your own skipping tricks.
2. Some trick ideas:
 - a. Backwards
 - b. Crossovers
 - c. Double time
 - d. One foot

Hoop Skipping/Jumping

Equipment: Large hula hoops

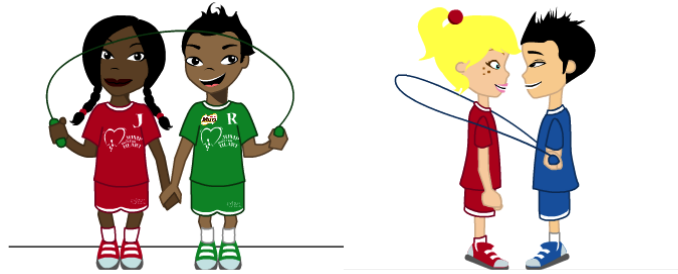


1. Stand with both hands on the top of your hula hoop in front of you. The bottom of your hula hoop should be on the ground.
2. Use your hands to turn the bottom of the hula hoop under your feet and jump over it. Bring it back around behind you over your head, just like a jump rope!
3. Repeat until time is up.

Option: Place your hula hoop on the floor and jump in and out of it.

Partner Skipping

Equipment: Skipping ropes



Side by side

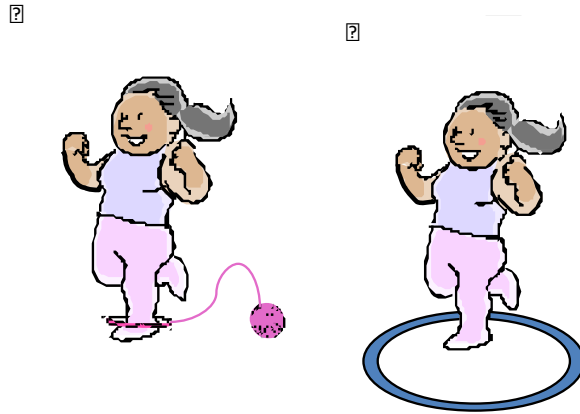
Face to face

1. Pick a partner and stand either face to face or side by side.
2. If you are standing face to face, pick one of you to be the rope turner. The turner swings the rope over both of your heads as you jump over it together. After 5 jumps switch who is holding the rope.
3. If you are standing side by side, each of you takes an end of the rope, using your free hand to hold onto one another. Countdown to begin (ready, set, go), then swing and jump over the rope together.
4. Repeat until time is up.

Option: Try placing the rope on the ground, hold hands and jump over the rope together.

Skip-It

Equipment: Skip-it ropes or small hula hoops

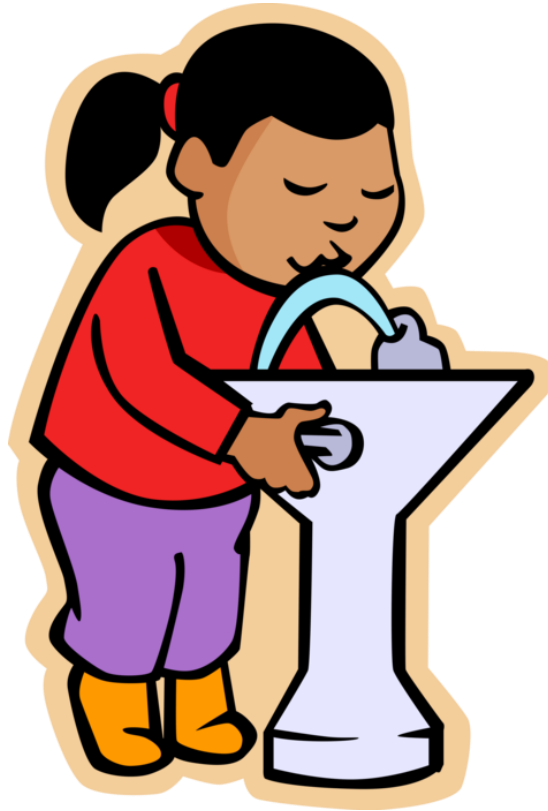


1. Put your foot through the skip-it rope or the hula hoop.
2. Swing the leg that the skip-it or hula hoop is attached to in a circle. Try to keep the ball or hoop on the ground.
3. Each time the ball or edge of the hula hoop loops around to your other leg, jump over it so it doesn't hit your free leg.
4. Repeat until time is up.

Option: Practice jumping back and forth over the rope part of the skip it or in and out of the skip-it.

Water Break

Equipment: Water fountain or water bottle



1. Take a break.
2. Have a drink of water.
3. Or dance!