

WELCOME TO DOUBLE DUTCH ROPE JUMPING: EASIER TO TEACH THAN YOU THINK!!





- 30 YRS. AS AN ELEMENTARY PHYSICAL EDUCATION SPECIALIST.**
- MNSHAPE PAST PRESIDENT.**
- UNIFIED CHAMPION SCHOOL.**
- NET GENERATION SCHOOL.**
- FIRST TEE SCHOOL.**
- MARRIED WITH 3 CHILDREN: ZACHARY (16), AVA(14), SOPHIA(14).**
- INTERESTS: GOLF AND FITNESS**

What is US GAMES?

- ✓ US GAMES is the physical education division of BSN SPORTS.
- ✓ We have been a leader in physical education equipment supply for more than 25 years.
- ✓ US GAMES, OPEN and BSN SPORTS are a part of the Varsity Brands family of companies.

Equity Update (since 2015)

- ✓ OPEN has **served 135,000 Registered Users**
- ✓ OPEN users have logged **7 million downloads**
- ✓ OPEN has **impacted** the educational experience of **70 million students** worldwide
- ✓ US Games has **provided** more than **\$80 million** in free physical education curriculum

OPEN Professional Development

- ✓ OPEN has trained more than 50,000 educators.
- ✓ The OPEN National Training Team has more than 90 members nation-wide.



TODAY'S OUTCOMES

PARTICIPANT WILL BE ABLE TO:

1. TWIRL FOR DD ROPE JUMPING.
2. JUMP FOR DD ROPE JUMPING.
3. LEARN VARIATIONS AND OTHER ROPE JUMPING ACTIVITIES.
4. IDENTIFY THE SHAPE AMERICA PE NATIONAL STANDARD BEING MET.

SHAPE AMERICA NATIONAL PHYSICAL EDUCATION STANDARD #1

Demonstrate competency in a variety of motor skills and movement patterns.

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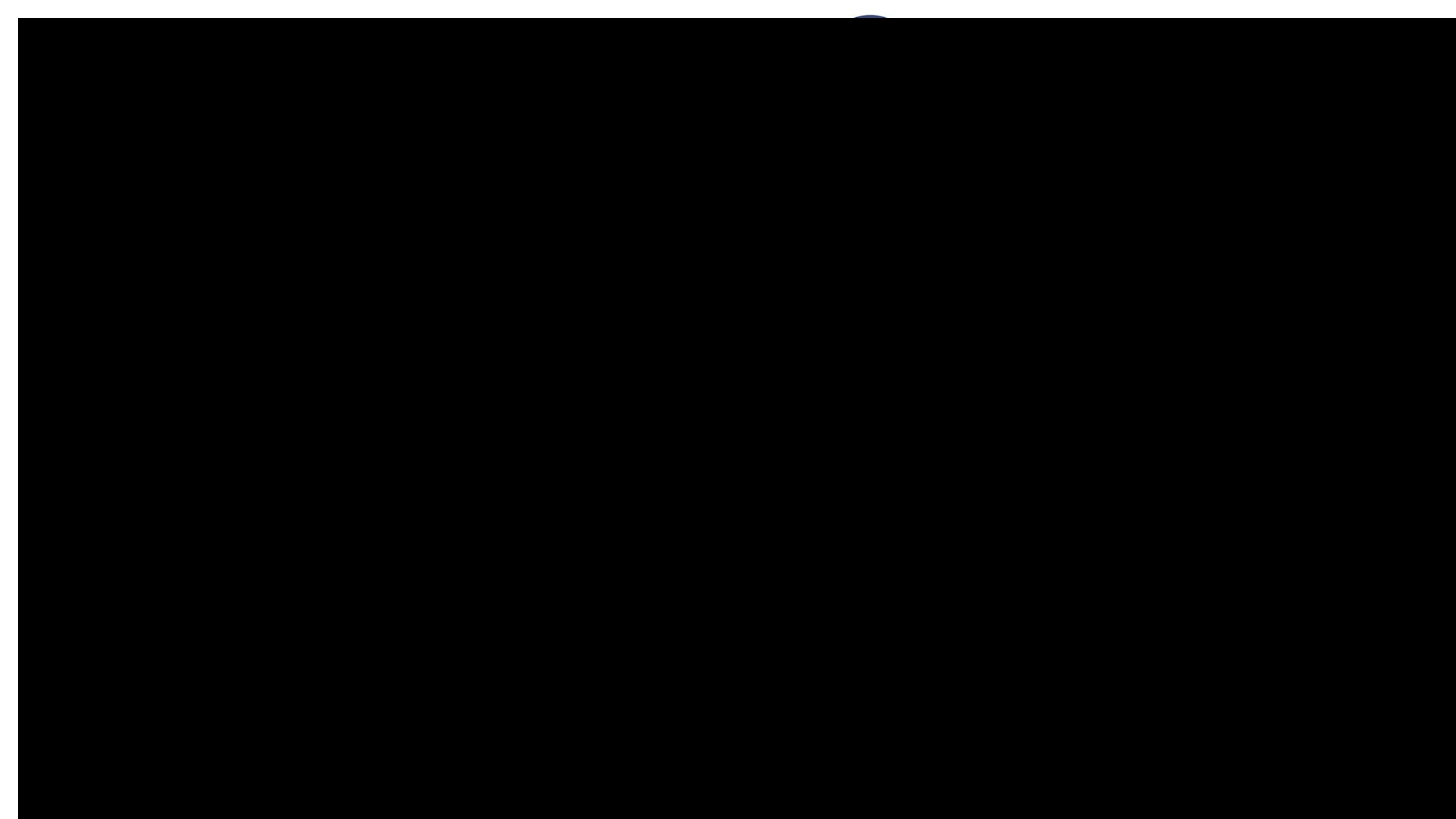
Jump a long rope with teacher-assisted turning.

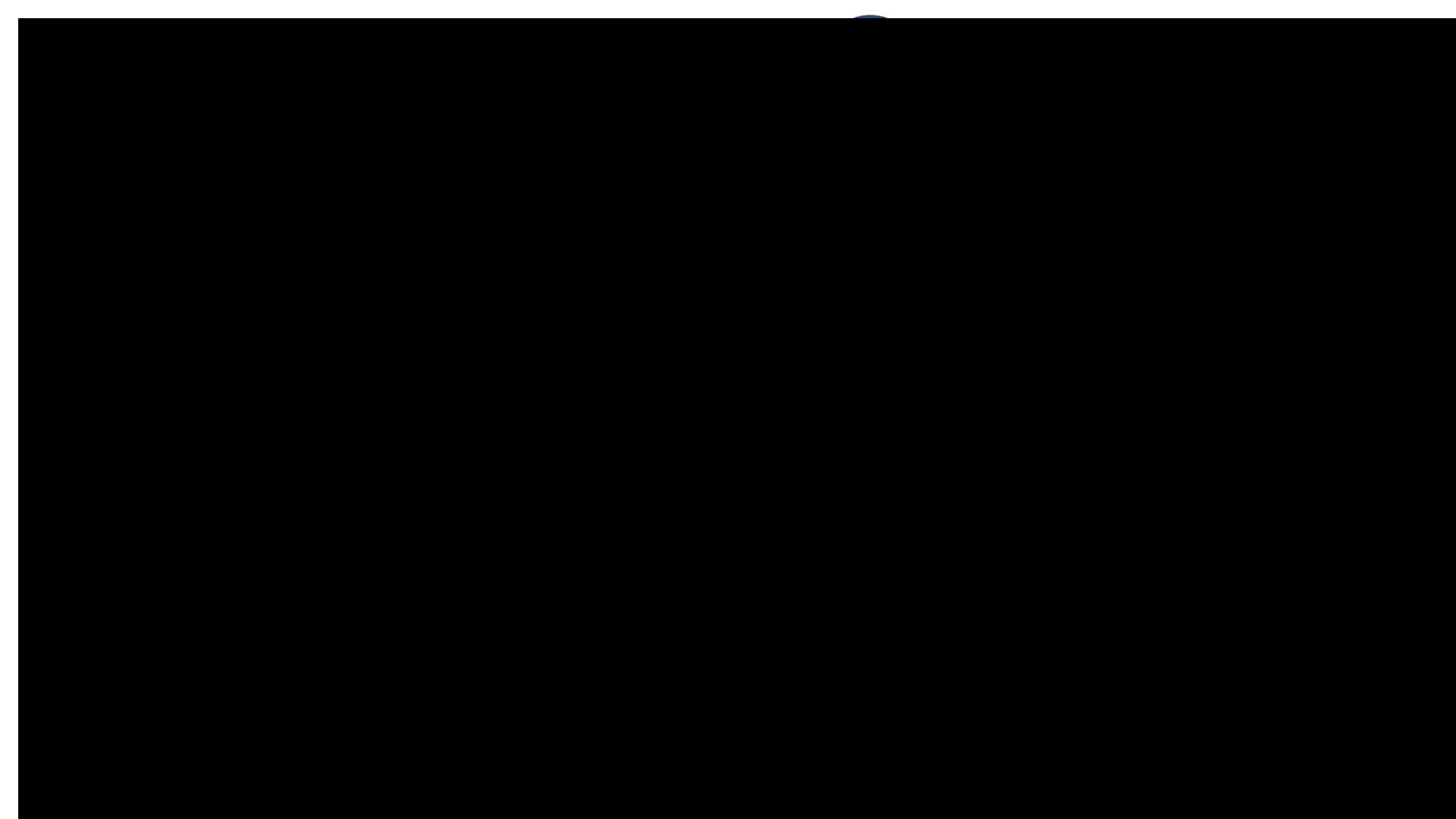
ADVANCED DD ROPE JUMPING SKILLS

1. RUNNING
2. DRIBBLING A BASKETBALL
3. BALANCE BOARD
4. BASKETBALL/BALANCE BOARD

DRIBBLING BB WHILE DD ROPE JUMPING.







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VARSITY // BRANDS



<https://youtube.com/shorts/az490De7lAg?feature=share>

KEYS AND TEACHING CUES

- 1. SKILLED TWIRLERS ARE ESSENTIAL. TWIRLERS HAVE TO ADJUST SPEED OF ROPE TO SPEED OF JUMPER.**
- 2. STARTING CUE: COUNT ONE SECOND AFTER I SAY “HERE WE GO” AND THEN JUMP.**
- 3. JUMPER STARTS ON A LINE ON GYM FLOOR.**

ALTERNATIVE JUMP ROPE ACTIVITY THAT KIDS LOVE!!

1. RUNNING THE GAUNTLET.

CONTACT INFO:

TOM ROBERTS

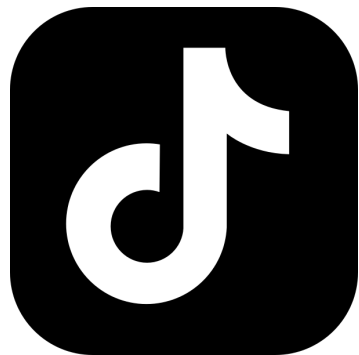
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Let's sign up!

- ✓ **Step 1:** Visit www.OPENPhysEd.org
- ✓ **Step 2:** Click “Register for FREE here” in yellow
- ✓ **Step 3:** Complete your info and click “Register”



Complete our online evaluation at
www.bit.ly/OPENPD

