

## P.E. - Jump Rope Unit

Nov 10 2020

It has been brilliant to see all of our students enjoying the Jump Rope unit. This unit has helped to improve the cardiovascular fitness levels of the children while having fun moving creatively with their jump ropes.

Due to the large spread of ability during these lessons, students took part in a range of self-paced learning activities which enabled them to learn at a level that challenged them.

Some children who are beginner jump ropers leave the lesson with a beaming smile after beating their consecutive jumps personal records. Whilst other children who have prior jump rope experience have added new jump rope tricks to their repertoire, and even created jump rope routines!

Mr Alex & Mr Nathan

