

1st Grade Resource Page Unit 14: Jump Rope

What size jump rope do I need? |How to measure a rope

https://www.youtube.com/watch?v=bLOqoGGri_E

How to to Teach a 5 Year Old to Jump Rope (Kindergarten PE Lesson)

<https://www.youtube.com/watch?v=n7u1gvoXdG0>

How to Teach Jump Rope in PhysEd Class

<https://www.thepespecialist.com/jumprope/>

How to Teach Jump Rope Tricks in PE |Basic, Intermediate and Advanced

<https://www.youtube.com/watch?v=wK8XUaAfmSs>

Resources to use throughout the year

[American Heart Association - Jump Rope for Heart](#)

[Brain Breakers](#)

[CATCH](#)

[Choose My Plate](#)

[DrumFIT](#)

[Elementary PE Games](#)

[FitnessGram](#)

[Flag House YouTube Channel](#)

[Fuel Up to Play 60](#)

[Go Noodle](#)

[It's Time Texas](#)

[Online Physical Education Network](#)

[PE Central](#)

[PE Central Adapted Page](#)

[PE Universe](#)

[PhysEdGames](#)

[Physical Education Update](#)

[Puzzle Maker](#)

[Sports and Exercise Information](#)

[Texas Association for Health, Physical Education, Recreation and Dance \(TAHPERD\)](#)

[Texas Education Agency \(TEKS\) for Physical Education](#)

[The PE Specialist](#)