By Mike Ginicola, 2017 SHAPE America JRFH/HFH Grantee
Nichols Elementary School, Stratford, CT

I combined two great ideas for my grades 2-6 Jump Rope For Heart lessons this year:

1. Jump rope ninja gamification system
Students earn martial arts belts for each level of success they achieve based on rubrics for each (modifications needed for different grade levels).

*Game developed by Ryan Armstrong. Follow him on Twitter! @RArmstrongPE*

2. Mini-Plickers magnet assessment system
Combine the ninja gamification system with some SOLO taxonomy ideas by creating small mini-Plickers magnets that students can place at each ninja belt after completing the specified skill correctly. This not only kept students fully engaged the entire time, but allowed me to assess each student's skills.

*Tip: I changed the A-B-C-D to 4-3-2-1 to match our grading rubric.*

### Introductory Activities
Start the class with a quick instant activity to get the body ready.

### Lesson Focus
- Gather the students and have them sit at “headquarters” to go over the JRFH event and talk about students or families impacted by heart issues.
- Teach the students which National Standards & Grade-Level Outcomes (GLOs) the activity fulfills.

*Tip: I always have the SHAPE America GLOs posted for each lesson as I like to cover the “what, why, how” each week so students understand the purpose.*

### Assessment
- Each student answers a question before placing their magnet on each ninja belt to verify understanding of concepts. **Sample questions:**
  → “How long should the rope be?”
  → “What body system(s) are you improving by jumping rope?”
  → “How does the height you jump impact how long you can jump?”

- At the end of the lesson scan each student’s mini-Picker magnets to monitor progression and how much each student learned.

### Scoring System:
- 4 for reaching black or red belt
- 3 for brown and purple belt
- 2 for blue, green and orange
- 1 for white and yellow belt

*Interested in seeing it all put together? Check out this online video tutorial.*