Subject Area/Grade Level: 5th grade

Baseline data and rationale: Jumping rope is a fitness skill that is accessible to anyone. It is also an advanced level challenge of coordination. It combines nonlocomotor and manipulative skills.

Baseline data:

<table>
<thead>
<tr>
<th>Critical Elements</th>
</tr>
</thead>
<tbody>
<tr>
<td>2-foot jump</td>
</tr>
<tr>
<td>Continuous Turning of rope</td>
</tr>
</tbody>
</table>

4 = Perform these critical elements in combination for 15 jumps with one miss
3 = Perform these critical elements in combination for 10 jumps with one miss
2 = Performs either of the critical elements but is not yet able to combine them
1 = Is not yet able to perform these skills

40% of 5th graders are not able to perform this skill.

Learning Content and Grade Level: PE standard one (3-5th grade or Primary intermediate level)

The SLO will address the skill of Jumping Rope.

Student Population: 40% of students who are not performing at the proficient jump roping level (4 in the above rubric)

Targeted Growth: 38% of the students who are not proficient will become proficient.

Interval: School Year

Assessment:
Summative/formative: Created Performance assessment. The evidence would be gathered from observation of the combined critical skills and the tracking of the number of jumps without a miss.

SLO Goal statement: 98% of 5th graders including the 38% of targeted students will be able to jump a self-turned rope 15 times with one miss.
**Strategies**: Physical and video demo of the critical elements, isolated practice of both the turning and jumping of the rope, teacher feedback of progress or self-assessment thru video technology.