

Twirl N' Jump

Item #11314



- **Overview.** Simply grab the handle and go! These one-handed horizontal jumpers offer a fun-filled cardiovascular workout! Use smooth, circular wrist motion to send the end-ball spinning - then jump away. Great for individual play or cooperative team events. Vinyl rope connects polyethylene handle to end-ball. SIZE: 30”L x 1” dia. Set of six ropes, one each in red, blue, green, yellow, purple and orange.
- **What Are the Educational Applications?**
 - Manipulating an object is a skill used not only in sports, but in everyday life. In the course of a day a person may need to use a movement concept to avoid an object, obstacle, or hazard. In addition, cardiovascular fitness is another health-related concept that students should be exposed to in a variety of ways. By working on a coordination challenge such as the Twirl N’ Jump, students are able to work on a variety of skills at the same time.
 - Helps teach movement and jumping concepts to younger students.
 - Helps to develop hand/foot and eye coordination.
- **How Can I Use This Product With My Students?**
 - **Where:** The Twirl N’ Jump is used on the ground only, which makes it an ideal product in outdoor areas. It will wear out sooner if it is used on a blacktop surface. It can also be used indoors on wood or tile floors.
 - **Age:** Recommended for participants aged 3 years and older, but appropriate for a wide variety of ages.
 - **Group Size:** From one student to a group, as dictated by activity.
 - **Basic Skills Needed:** Appropriate for a variety of skill levels.
- **Set Up/Instructions:**
 - Place students in a large personal space when using Jump N’ Twirl to avoid injuries.
 - Demonstrate proper technique prior to allowing students to use equipment.
 - Differentiate challenges to fit individual student levels.

The Games/Activities

FOR SINGLE PARTICIPANTS

- **Activity #1: Basic Jumping**
 - a. **Objective:** To jump using the Twirl N’ Jump, hold the stick piece straight up and down with the arm, so that the cord with the ball end is touching the ground. The stick should be in front of the ball and cord section, then turn the arm holding the stick in a circular motion. This should move the cord and ball in a circular pattern. Just before the ball crosses your foot, jump or lift the foot up, allowing the circular pattern to continue moving and the ball will pass under your feet.
 - b. **Extensions:**
 - For more of a challenge, try jumping with two feet simultaneously as opposed to one foot following the other.
 - Jump with feet together; while running in place; moving forward; or alternating the feet.

• **Activity #2: Straight Leg Jumping**

Position the body so that the legs are relatively straight and spread shoulder width apart. As the ball circles around, tilt the body and lift the leg nearest the ball as it comes underneath the leg. Next, tilt back in the other direction as the ball comes under the other leg

• **Activity #3: Changing Directions**

In order to change the direction of the ball, stop jumping when the ball is still in motion and allow the ball to wrap around the ankles. The cord will unwind after the stick is pulled to start the ball circulating in the opposite direction. To continue the direction change, allow the cord to once again wrap around the ankles, and as it unwinds in the new direction, continue twirling in the new direction until the change is again desired.

• **Activity #4: Wall Ball**

If the jumper is rotating the Twirl N' Jump in a counter-clockwise direction, such as holding it in the right hand as the ball rotates around in front of the body, simply switch hands and the ball will rotate around from behind the body.

Activity #5: Around the World

While rotating the Twirl N' Jump in one direction, simply pass the stick to the other hand, so that the rotation direction does not change, and jump as the cord passes under the feet. For example, start holding the stick with the right hand, then pass it to the left hand as the stick crosses the midline of the front side of the body, allowing the left hand to circle behind the body; then pass back to the right hand as it crosses the midline on the back side of the body and continue jumping and switching hands at the midline.



FOR MULTIPLE PARTICIPANTS

• **Activity #6: Multiple Jumpers**

- a. Set Up: The student holding the stick begins jumping using the technique described in basic jumping.
- b. How to Play: Additional students can begin jumping at the same time as the student holding the stick and twirling, or students can join the jumping once the cord and ball are already in motion. See how many students can fit the cord length and jump simultaneously without stopping the movement of the cord and ball.

• **Activity #7: Test the Water**

- a. Set Up: Use the same hand technique as described in the hand exchange, except pass the stick around your body without the cord and ball passing under your feet. Have other students stand just outside the perimeter of the ball's rotation path. Have the person holding the stick begin to twirl the Twirl N' Jump.
- b. How to Play:
 - As the ball rotates around each perimeter, player steps in so that the toes of one foot are in front of the ball's path. As the ball comes closer, the perimeter player must quickly lift their foot out of the way of the ball, then place it in the spot where it was prior to the lift, after the ball passes as the ball continues to go around the twirler's body.
 - If a student stops the ball's movement, the student must perform a physical activity to rejoin the game. Make it fun! Do not use exercise as a punishment.
 - Periodically switch feet and direction.

• **Activity #8: Jump out of the Way**

- a. Set Up: Use the same hand technique as described in the hand exchange, except pass the stick around your body without the cord and ball passing under your feet. Have other students stand just outside the perimeter of the ball's rotation path. Have the person holding the stick begin to twirl the Twirl N' Jump.
- b. How to Play: As the ball rotates around during the first rotation, each perimeter player steps in so that both feet are in front of the ball's path. As the ball comes closer, the perimeter player must quickly jump with two feet at the same time straight up in the air to avoid stopping the ball's rotation, then land in the spot where s/he was previously standing after the ball passes as the ball continues to go around the twirler's body. If a student stops the ball's movement, the student must perform a physical activity to rejoin the game. Periodically switch twirler and direction.

• Safety Issues & Concerns

- Make sure Twirl N' Jump is securely held in the hand.
- Do not use Twirl N' Jump for activities where it is high above the ground.
- Do not allow the students to stand near Twirl N' Jump when others are twirling it.
- Do not allow the students to pull on Twirl N' Jump, as this can result in the item coming apart.
- Students should be aware and alert when twirling the Twirl N' Jump to avoid hitting someone with any part of the equipment.
- Students should only twirl in large personal space and pay attention to where the ball moves.
- The ball must be kept on the ground or floor at all times - NEVER swing the ball in the air far off the ground.

Meets These NASPE Standards

1. Demonstrates competency in motor skills and movement patterns needed to perform a variety of physical activities.
2. Demonstrates understanding of movement concepts, principles, strategies, and tactics as they apply to the learning and performance of physical activities.
3. Participates regularly in physical activity.
4. Achieves and maintains a health-enhancing level of physical fitness.
5. Exhibits responsible personal and social behavior that respects self and others in physical activity settings.
6. Values physical activity for health, enjoyment, challenge, self-expression, and/or social interaction.

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In the US: FlagHouse, 601 FlagHouse Drive, Hasbrouck Heights, New Jersey 07604-3116 Phone 800.793.7900 201.288.7600 Fax 800.793.7922

In Canada: FlagHouse Canada, 235 Yorkland Blvd., Suite 105, North York, Ontario M2J 4Y8 Phone 800.265.6900 416.495.8262 Fax 800.265.6922

International Customers: FlagHouse, 601 FlagHouse Drive, Hasbrouck Heights, New Jersey, 07604-3116 USA Phone 201.288.7600 Fax 201.288.7887