



# Blowing Off **S.T.E.A.M.** in Physical Education



The jump rope is a dynamic piece of exercise equipment. It's small enough to fit into your backpack, improves coordination and enhances cardiovascular fitness while strengthening your muscles. Most importantly, jumping rope is FUN!

## The Dilemma:

Your friend Robert's PE teacher has presented him with the following 30-day challenge: *Jump Rope at home for at least 15 minutes per day for 30 days.* However, he doesn't have his own jump rope and every store in the area is sold out. In order to accept the challenge, he'll have to make a jump rope using available resources and materials at his house. Robert decides to ask YOU for help making the perfect jump rope for the challenge.

## Your Mission:

Through research, collaboration, and available materials at your houses, create a functional jump rope so Robert is able to participate in the 30-day challenge. You may use ANY resources *except an actual jump rope.*

## Science - Technology – Engineering – Art – Math

### BRAINSTORM!

- What materials will be useful in creating the jump rope?
- Will your chosen material withstand repetitive ground striking throughout the 30-day challenge?
- What would make a comfortable and functional handle for the jump rope?
- How can weight be a factor in the speed of your jump rope? Can you add weight to the rope to make it turn smoother?
- How will you determine an appropriate length for your jump rope?

**Teamwork is encouraged for this mission. Therefore, feel free to work on this project with friends and/or family members.**

**Once you've completed your mission, you're welcome to share your creation during PE class. All students who participate will be featured (with Parents permission, of course) on Kingwood Elementary's website. They will also receive an award certificate and a plastic shoe token.**