
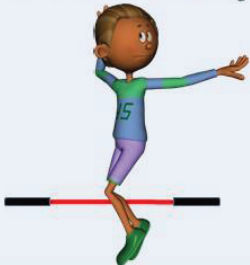





Jump Rope Skill Sheets

SKILL	INSTRUCTIONS	TIPS	CUES
1. Long Jump 	<ul style="list-style-type: none"> ✓ Stand at end of rope ✓ Jump as far a possible down the rope- measure ✓ Repeat and try to go father- 5 jumps 	<ul style="list-style-type: none"> ▪ Squat low ▪ Explode up and forward ▪ Mark jump on rope where heels landed 	STAND SQUAT JUMP
2. 2 Foot Jump 	<ul style="list-style-type: none"> ✓ Stand at end of rope ✓ Jump side-to-side (2 feet) down the rope ✓ Repeat 10 times 	<ul style="list-style-type: none"> ▪ Stay on balls of feet ▪ Try not to touch rope ▪ Skier motion 	JUMP JUMP JUMP
3. 1 Foot Hop 	<ul style="list-style-type: none"> ✓ Stand at end of rope ✓ Hop side-to-side (1 foot) down the rope ✓ Repeat 10 times 	<ul style="list-style-type: none"> ▪ Stay on balls of feet ▪ Try not to touch rope ▪ Keep balanced 	HOP HOP HOP
4. Criss-Cross 	<ul style="list-style-type: none"> ✓ Stand at end of rope ✓ Jump and cross then uncross legs down the rope ✓ Repeat 10 times 	<ul style="list-style-type: none"> ▪ Stay on balls of feet ▪ Try not to touch rope ▪ Cross-uncross, cross-uncross 	JUMP CROSS JUMP CROSS
5. 1/2 Turn Over 	<ul style="list-style-type: none"> ✓ Stand at end of rope ✓ Jump and turn half way around (each jump) down the rope ✓ Repeat 10 times 	<ul style="list-style-type: none"> ▪ Stay on balls of feet ▪ Try not to touch rope ▪ Do not go too fast 	JUMP TURN JUMP TURN

Level 1- Rope on Ground

Jump Rope Skill Sheets

SKILL	INSTRUCTIONS	TIPS	CUES
1. 2 Foot Jump  FORWARD	<ul style="list-style-type: none"> ✓ Jump on both feet ✓ Land on the balls of your feet ✓ Jump once for every revolution of the rope 	<ul style="list-style-type: none"> ▪ Turn rope from heels to toes ▪ Feet together ▪ Keep elbows in 	JUMP JUMP JUMP
2. Skier Jump  FORWARD	<ul style="list-style-type: none"> ✓ Jump to the left ✓ Jump to the right ✓ Jump once for each revolution of the rope 	<ul style="list-style-type: none"> ▪ Turn rope from heels to toes ▪ Move feet side to side ▪ Feet together 	LEFT RIGHT LEFT RIGHT
3. Bell Jump  FORWARD	<ul style="list-style-type: none"> ✓ Jump forward ✓ Jump back ✓ Jump once for each revolution of the rope 	<ul style="list-style-type: none"> ▪ Turn rope from heels to toes ▪ Move feet front to back ▪ Feet together 	FRONT BACK FRONT
4. Jogging Step  FORWARD	<ul style="list-style-type: none"> ✓ Step over left foot ✓ Step over right foot ✓ Continue alternating feet- jogging motion 	<ul style="list-style-type: none"> ▪ Turn rope from heels to toes ▪ Alternate feet ▪ Jogging steps 	LEFT RIGHT LEFT
5. 1 Foot Hop  FORWARD	<ul style="list-style-type: none"> ✓ Hop on 1 foot continuously ✓ Land on the same foot that hops over the rope 	<ul style="list-style-type: none"> ▪ Turn rope from heels to toes ▪ Stay balanced ▪ Head up 	HOP HOP HOP

Level 3- Basic Jumps- Forward