
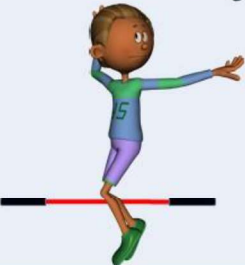





Jump Rope Skill Sheets

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